

IGNITE FITNESS, LLC

Inclusive Fitness Programs

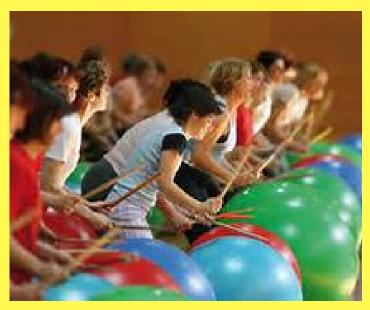
DRUMS ALIVE CLASS

ALL AGES & ABILITIES
Tuesdays 11/28-12/19/2017

6:15-7:00 PM

COST: \$30 for 4 sessions

HELD AT CULPEPER BAPTIST CHURCH





This cardio drumming, whole brain, whole body program is designed to get you rocking and rolling while burning calories and reducing stress. Set to music, this fitness based program will keep you engaged all class. We welcome ALL AGES & ABILITIES!

Register @ www.culpeperbaptist.org
Grow & Serve tab: Ignite Fitness
Questions contact: Sharon Gregory
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