



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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