

CARDIO DRUMMING IS ONSITE THURSDAYS, STARTING JANUARY 6!



JOIN ILYSA COHEN FOR
ONSITE CLASSES!
JANUARY 6 - APRIL 28
DAY: THURSDAYS
TIME: 2:00 PM TO 3:00 PM

Cardio Drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

Register by calling 410-358-6856.
REGISTRATION STARTS 11/28/2021.

CLASS IS FREE FOR
MEMBERS OF MYERBERG,
LIMITED TO 20 PEOPLE


MYERBERG
EDWARD A. MYERBERG CENTER
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