



**SEDALIA  
PARKS &  
RECREATION**

**ROCK  
WITH  
US.**

**POUND<sup>®</sup>**

**ROCKOUT. WORKOUT.**

Join us for **POUND<sup>®</sup>**, the cardio jam session is inspired by the infectious, energizing and sweat-dripping fun of playing the drums! You won't just listen to incredible music—you'll become the music in this exhilarating, full-body workout that combines conditioning and strength training with yoga and Pilates-inspired movements. All levels welcome!

**Register by December 3rd**

**\$15 Mondays: December 7, 14, 28 5:30-6:15pm**

**\$15 Thursdays: December 3, 10, 17 6:30-7:15pm**

**1500 W. 3rd St. [www.sedaliaparks.com](http://www.sedaliaparks.com) (660)826-4930**