



**SEDALIA
PARKS &
RECREATION**

**Register by
October 29th**

SWEAT. SCULPT. ROCK. WITH POUND - ROCKOUT. WORKOUT.

Channel your inner rockstar with this full-body cardio jam session of a workout inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music!

\$20 Mondays: November 2, 9, 16, 23 5:30-6:15pm

\$15 Thursdays: November 5, 12, 19 6:30-7:15pm

1500 W. 3rd St. www.sedaliaparks.com (660)826-4930