



Lucky Beats Drumming

Join us for a **cardio drumming with a St. Patrick's Day flair!** This energizing, infectious class is not only a great workout but also a great stress reliever. We do lots of drumming and core will also be incorporated. The wide range of benefits you will receive make this class definitely worth a try. Everyone of any age and fitness level are welcome!



Janet Babe

Group Fitness Instructor

Monday, March 16th

5:45-7:00 pm

Bellevue 920.433.6756

Workshop Fee | \$15

Advance Registration Requested