



POUND
ROCKOUT. WORKOUT.



www.parkboard.org/dfc



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

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

CLASS TIMES

Mondays, 5:30 – 6:15 PM
Thursdays, 5:00 – 5:45 PM
Ages: 14 & up

10-Session Punch Card =
\$25/Members
\$35/Non-members

Doling Family Center
301 E. Talmage
Springfield, MO 65803
417-837-5900