



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

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

CLASS TIMES

Mondays & Thursdays 5:15-6 p.m.

Ages 14 & Up

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



301 E. Talmage St. 417-837-5900 • Parkboard.org/Doling