

SUMPTER  
SENIOR'S

# ***CARDIO DRUMMING***

*EXPRESS YOURSELF. CONNECT WITH YOUR TRUE RHYTHM IN LIFE.*

## **CARDIO FITNESS DRUMMING**

- Release Stress & Tension
- Express Yourself
- ALL Fitness Levels Welcome
- Burn Calories

*Meet New People & Have Fun While Working Out!*

*When: THURSDAYS 9:45AM TO 10:15AM*

*Price: FREE for Members*

*Sumpter Senior Center/Community Center Gym  
23501 Sumpter Road*

*MORE INFO CALL 734-461-9373*