

DrumFIT Fitness

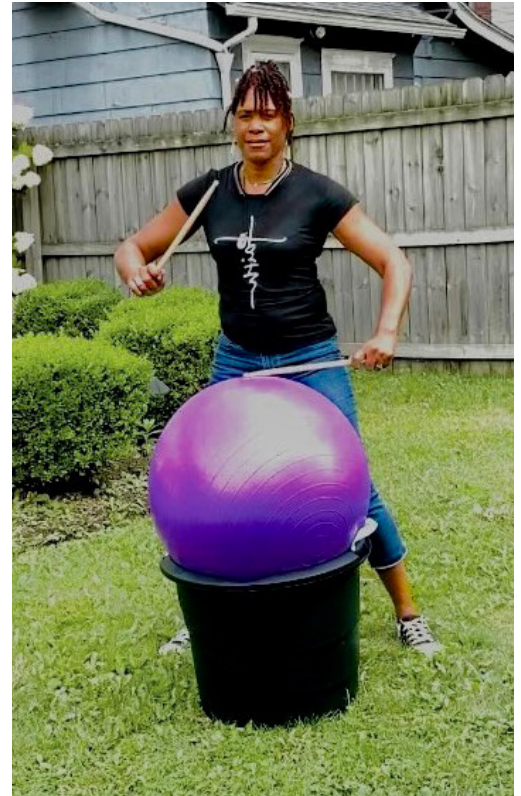
DrumFIT Fitness is a simple, fun way to impact adults and kid's lives both physically and mentally. It is a cardio-based drumming program that combines physical activity with brain fitness.

An hour of drumming burns more calories than running, aerobics or weightlifting.

DrumFIT is an incredible Physical Education Program taught by Coach Carmen Williams who is a Certified Master Life Coach, certified Fitness and Zumba Instructor. Get registered for class today!

Required equipment to participate:

- Large Bucket (18 gallon)
- Exercise Ball
- Drum Sticks



Where: **Summa Health Equity Center**

When: **Every Monday**

Cost: **Free**

Registration: **Visit summahealth.org/drumfit**



For more information, please call **330.865.5365** or contact Monique Johnson at **johnsonmoni@summahealth.org**.
