NEW CLASS

SWEAT. SCULPT. ROCK.

WITH POUND® - ROCKOUT. WORKOUT.

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

CLASS TIMES

Starting January 5, 20216

TUES & THURS:

5:45PM - 6:15PM

with Phyllis

Jan.5 - Jan.28: $37 - $32MDR
Feb. 2 - Feb. 28: $37 - $32MDR
Mar. 1 - Mar.31: $45 - $40MDR
Apr. 5 - Apr. 28: $37 - $32MDR

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