



WEST BRANCH, MICHIGAN

**OGEMAW TOWNSHIP HALL
CORNER OF S. GRAY ROAD & M55**



AEROBIC LOW IMPACT DRUMMING CLASS

Fun and Easy

THURSDAYS 3 P.M. – 4 P.M.



Instructor: Gaylynn Brenoel 989-305-2959



Low impact drumming is an aerobic workout that utilizes a 17-gallon plastic bucket, an Exercise/Yoga ball (65 cm), and a pair of drumsticks (wood or plastic), to walk, reach, and hit the ball and bucket with drumsticks in rhythm to music. The steps and movements are directed and demonstrated by the instructor.

The workout is aerobic without putting stress on joints. Participants can intensify their personal workout or can modify it for less intensity, depending on their abilities. This class is designed for every fitness level and uses basic easy movements to achieve a meaningful 50-minute cardiovascular workout, cool down 5 minutes, & stretching 5 minutes.

Wear tennis shoes & comfortable exercise clothing.



Sparkle Time – Dance & Drum LLC

