



THE SAN GABRIEL EDUCATIONAL
FOUNDATION



JOIN US FOR A DRUMMING INSPIRED FULL-BODY ADULT WORKOUT

Channel your INNER ROCKSTAR with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

WHEN: Tuesday, January 26 2021 from 6:30pm - 7:15pm via ZOOM

Space is limited. Completing the registration form does not guarantee a spot in the class.





WHAT IS POUND?

Let's start drumming!

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

As a community, we believe that we have the ability to inspire a nation, to turn the fitness world on its head, and to truly find alternative ways to ROCK. We aspire to change minds before bodies and use beat and alternative movement to launch people to new heights of self worth, happiness and human connection.

*Please note no equipment will be provided.

*For more information, please email
adela.angiuli@sef4schools.org. If you are interested, please
register online at:*

<https://tinyurl.com/pound-adult>

