



POUND[®] DRUM FITNESS

Free Pop-Up Class with Jessica Greenwood

FRIDAY, DECEMBER 22ND • 6:00PM • STUDIO 4

Sweat. Sculpt. & Rock in this cardio jam session inspired by drumming. Enjoy a full-body workout that combines cardio, conditioning, and strength training with Yoga and Pilates inspired movement. Designed for all fitness levels, POUND[®] provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out.