



# POUND<sup>®</sup> DRUM FITNESS

*Free Pop-Up Class with Jessica Greenwood*

**SATURDAY, DECEMBER 14TH • 11:30AM-12:30PM**  
**FRIDAY, DECEMBER 20TH • 4:00PM-5:00PM**

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.

***Located in Studio 4***