



# **DRUM AWAY RHYTHM STICK WORKOUT**

**This fun and unique new beginner class will introduce the participant to Rhythm Stick Exercise. Using Light Weight Drum Rhythm Sticks, you will have fun while learning a new workout routine. Sit and stand in this fun class which will allow the participants to get a unique workout while using mobility of the hands, arms, and legs to music Great for Arthritis, Stretching or just the individual who wants to try a new style of workout. Sticks are provided at each class by instructor.**

Duration: 6 weeks

Time: Fridays @ 10:00-10:45AM

Dates: February 9, 16, 23 & March 1, 8, 15

Snow date if needed-April 5th

Where: West Milford Library Room (upstairs)

Fee: \$30.00

1. To register go to [www.westmilford.org](http://www.westmilford.org). Click on the Services tab at the top of the screen. Then select Community Services & Recreation Registration. Look for 2024 Senior Programs.
2. If you need assistance, call the Recreation Office at 973-728-2871. Monday—Friday, 8:30-4:30.