



# **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**

**Dates & Locations:**

- June 6th at Library rooms 1 & 2 from 10:00-10:45am
- June 13, 20 & 27 at Library rooms 6 & 7 from 10:00-10:45am
- July 11 & 18 at Rec Center Gym 3 from 9:00-9:45am

**NO CLASS JULY 4TH, INDEPENDENCE DAY**

**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 2025 Senior Programs.
2. If you need assistance, call the Recreation Office at 973-728-2871. Monday—Friday, 8:30-4:30.