

# SPRING

## CARDIO DRUMMING

### Recreation Dept.

**Vision:** To be the leading provider of  
quality & affordable recreation services  
In the Kenosha Community

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## SPRING 2022— Cardio Drumming Class with Denise Jacob

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### Signup for 8 classes on Tuesday Evenings

**Start Date:** Tuesday, April 26, 2022 thru June 14, 2022 (8 weeks)

**Location:** Kenosha Senior Center, 2717 67th St., Kenosha , WI.

**Time:** 5:00—6:00 p.m.

**Age:** 18+ may enroll

**Cost:** \$32.00 (8 classes) register on-line at:

**https:** <https://kenosha.revtrak.net/web-stores/recreation-department/>

Registration begins Friday, April 8, 2022 (event limit 30 students)

(You will need to provide the following information when signing up on revtrak)

NAME

E-MAIL ADDRESS

PHONE

AGE

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Low impact workout that helps drum off pounds and relieve stress!  
This fun class uses exercise balls and sticks choreographed  
to music. Strengthen stabilizer muscles, improve endurance and enhance  
overall fitness.

Space is Limited. Sign Up Early!

