



Presents:

Drums Alive® Workshop with Isabel

Saturday, November 13th

3:00-5:00p

\$15

Register now! Only 15 spaces available!

Drums Alive® is the most unique fitness/wellness program extravaganza to hit the market in years! It is unique and different from every other workout you've tried before, it captures the essence of movement, rhythm and combines it with fun and delivers real fitness results! The choreographies are designed to burn fat, improve physical and mental fitness and above all, be fun! Drums Alive® is full of powerful and motivating music and drumming rhythms that will get your feet stomping and your body moving.

