



POUND IN THE PARK

NEW OUTDOOR FITNESS CLASS

Pound in the Park Thursdays

**Thursdays, June 25 – July 23, 2020
7:00 - 7:45 P.M.**

**Shelby Township Park
14975 21 Mile Rd.
Shelby Twp., MI 48315**

Experience an invigorating, full-body workout that combines strength training, conditioning and cardio while drumming with lightly weighted drumsticks engineered specifically for exercising.

Designed for all fitness levels, “Pound Fitness” provides an excellent atmosphere for toning up and rocking out. Bring your yoga mat and water, no class week of July 4. Thursday evening classes take place at 7:00 P.M. at the Shelby Township Activities Center at 14975 21 Mile Road. Saturday morning classes take place at 8:30 A.M. at Heritage Garden at 52700 Van Dyke Ave.

**Residents \$26 per class (one day)
Nonresidents \$ 33 per class (one day)**

Tickets: webtrac.shelbytwp.org