

CARDIO DRUMMING CHESTERFIELD AND MACOMB AREA

**Monday and Saturdays from
July 27, 2020 - August 31, 2020**

**Monday classes: 6:30 - 7:30 P.M.
Saturday classes: 10:00 - 11:00 A.M.**

**Festival Park
35630 St Clair Dr., New Baltimore, MI 48047**

**We play upbeat music, create a energetic atmosphere
and burn approximately 300-500 calories every class!
The class is outdoors, so PLEASE bring water! We will have Berry Bomb energizing
tea drinks for you, INCLUDED in your class price of \$10.00.
Kids under the age of 12 drum for free!**

**We only have 80 sets of equipment available to borrow, so if you can,
we recommend bringing your own equipment!**

**RSVP to EVERY class so that your spot is reserved
and we will TRY OUR BEST to have equipment for everyone.
If you already have equipment, please bring it.**

**If you are interested in purchasing a set of equipment from the instructors,
you will get a ball, bucket and drumsticks for 20 dollars.
To purchase, send Kim Rose or Emily Elizabeth a personal message via
Facebook messenger at least a week prior to the class event
you will be The best way is via the Macomb County
Cardio Drumming Facebook messenger.**

**If you decide to buy your own equipment, you can get 65-75cm yoga balls at Five Below
(cheapest option), Meijer, Walmart or Target. You can find 17 gallon buckets at Menards,
Walmart, Lowes, Home Depot, Target, and Meijer. You can buy drumsticks on Amazon,
or you can purchase a pair from us for \$5.00 (again, let us know in advance).**