

Silver Sticks Exercise Class

A new class "SILVER STICKS" will be offered 1 morning and 1 evening a week at the Galena ARC. Classes will be held in the ARC Dance Room.

Classes are 45 minutes long and include a warm up and cool down period. The class offers a weekly music theme and includes drumsticks. Drum sticks can be purchased by participant once deciding to take the series. This class includes simple drum techniques (no music knowledge needed) and combines aerobic HIIT moves along with exercise form of drumming.

Drums are provided by instructor.

The drum exercise class is taught by Dori Knoff, BS, MPH, ACE. Dori has many years of experience working with special needs, senior exercise activities and is an accredited instructor for ACE for adult exercise.

Join us each night or when you can!

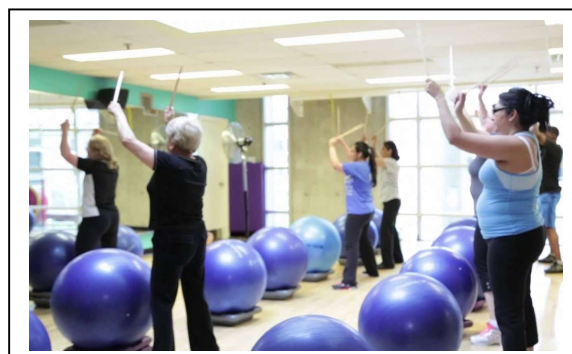
Space is limited, please call or email the ARC to reserve your spot!

Wednesday Evening:

5 – 5:45 pm

Saturday Morning:

10-10:45 am



Silver Sticks Exercise Class Registration Form

Name: _____

Home Address _____

Phone _____

Email Address (for ARC communication) _____

___ \$8/per class punch card

___ \$10 drop in