



ROCK IT OUT & SWEAT IT OUT WITH POUND AT THE YMCA

**FITNESS
WITH A
FLARE**



'Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums'

'Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.'

Only Certified Pound Class In Town!

Class is free to all members age 14 and up.

Non-Members: \$65.00 per class for 8 week session

Thursdays: 6:30 PM

Saturdays: 9:15 AM

Location: GP Room

**For more information contact Tony Casale,
Associate Health & Wellness Director,
413.568.8631 tcasale@westfieldymca.org**

POUND®

ROCKOUT. WORKOUT.