

Wayne Parks and Recreation presents



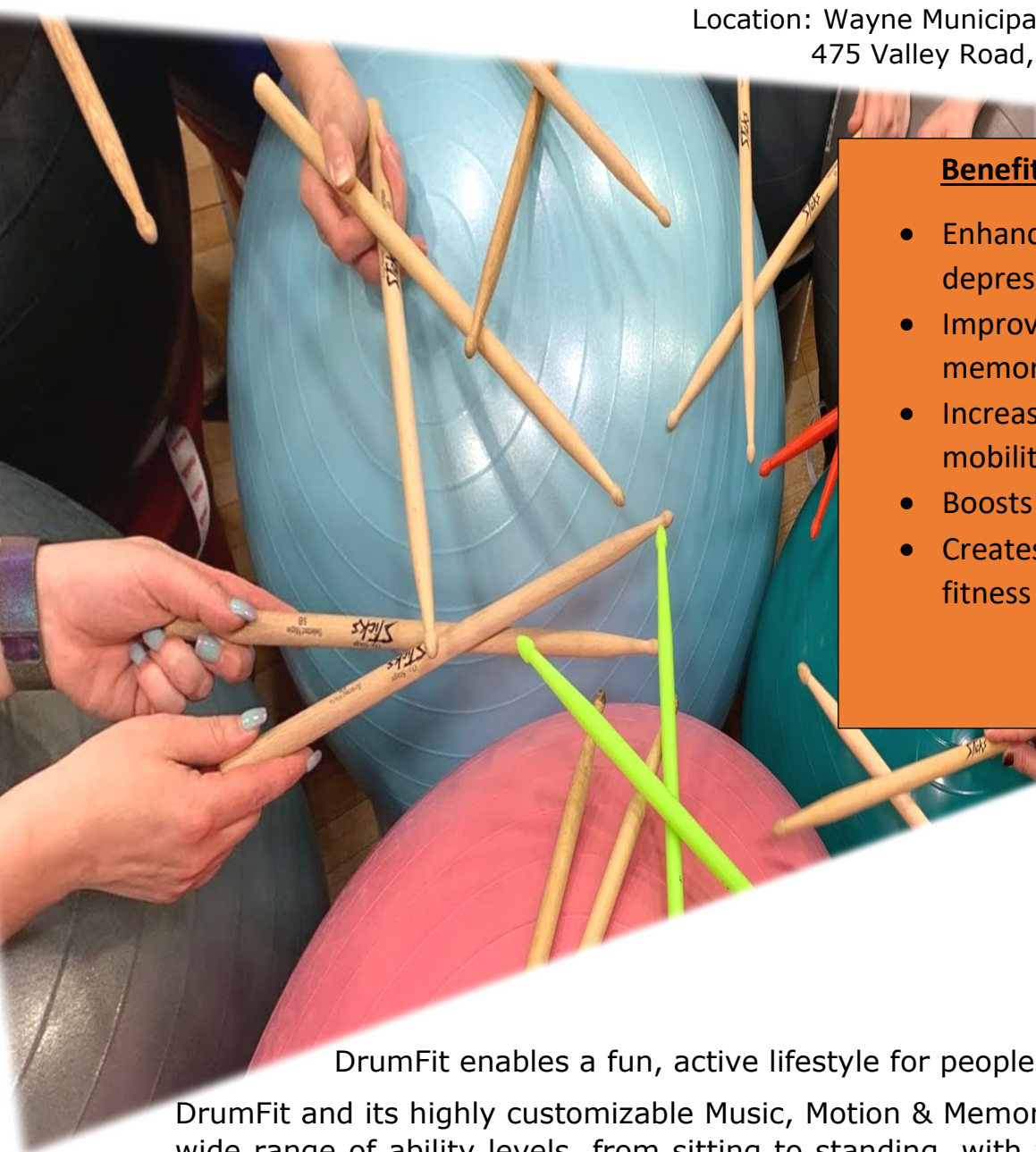
DRUMFIT

6-week program for \$42.00. Ages 18+

Session 1: Mondays, May 6, 13, 20, June 3, 10, 17, 2024 from 10:00 a.m. – 11:00 a.m.

Session 2: Tuesdays, May 7, 14, 21, 28, June 11, 18, 2024 from 7:00 p.m. – 8:00 p.m.

Location: Wayne Municipal Building, Health Room #2,
475 Valley Road, Wayne, NJ 07470.



Benefits of DrumFIT Cardio

- Enhances mood, reduces stress, depression & anxiety.
- Improves cognitive function & memory.
- Increases range of motion & mobility.
- Boosts cardiovascular health.
- Creates greater appreciation for fitness & health.



DrumFit enables a fun, active lifestyle for people of all ages and abilities.

DrumFit and its highly customizable Music, Motion & Memory Program is suitable for a wide range of ability levels, from sitting to standing, with varying intensity, ensuring that everyone can have access to the benefits of this unique cardio program.

Register online at www.waynetownship.com/parks or in person at Wayne Parks & Recreation 475 Valley Rd., Wayne, NJ. If you have any questions call 973-694-1800 x 3260 or email recreation@waynetownship.com.