



POUND® FITNESS



Tuesday Evenings • June 6th - August 1st (No class July 4th)

4:15PM - 5:15PM • Ontario ARC, 3071 County Complex Drive, Canandaigua

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. This class will be led by fitness instructor, Julie Keeney.

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. Designed for all fitness levels, POUND® can easily be adapted for people of all ages and abilities.

Be sure to bring a water bottle, and wear sneakers and comfortable clothing! This class is open to Ontario ARC staff, families, people we support, and the community.

Cost: \$50 for the 8 Week Session *(Minimum of 8 registrants required for class to run.)*

For more information or to register, please contact Nick Vignati at 585-919-2161.

Pound® Fitness Class Registration Form

Please complete this form and return with payment to: Ontario ARC Attn: Nick Vignati, 3071 County Complex Drive, Canandaigua, NY 14424. Checks may be made payable to Ontario ARC. Payments can also be made online via Paypal. For details, see ontarioarc.org/pound-fitness.

Ontario ARC staff members may elect to receive payroll deduction. *Please note, payroll deduction is non-refundable. Please see the staff web for details.

Name

Phone Number

Email Address

Address