

New Fitness Class Coming to the Newmarket Recreation Center!



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

POUND

ROCKOUT. WORKOUT.

with instructor Kim Davis

When

Thursdays, March 28–April 18

5:30–6:15pm

Free Intro March 21

Come try it out for free!

\$15 per class **or** \$50 per 4-week session

Location

10 Beech Street Extension, Newmarket

What You'll Need

Yoga Mat, Water and a Positive Attitude!
Extra mats available if needed

Register Today!

603-659-8581 • www.newmarketrec.org

