

# Cardio Drumming Fitness Class



## Live on Facebook with Ms. B!

Suitable for all ages and abilities, please join us for a half hour cardio drumming class (similar to Pound) with your P.E. teacher, Ms. Bonner! Just grab a pair of drumsticks, wooden spoons, pencils, or use your imagination!

Date: Wednesday June 10th

Time: 3:00pm

Duration: 30 min

This class is family friendly and FUN! Streamed music will include appropriate top 40 music like Imagine Dragons AND Kidz Bop music including Confident & Thrift Shop.

Ms. B will be live on the St. Teresa's Facebook page (<https://www.facebook.com/stteresapawt/>). She will be signing on 10 minutes before starting class to be able to give people the opportunity to sign on and chat with any questions. With this Facebook feature she will be visible but participants are not on camera. Hope to see you there!