



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCK TO THE RHYTHM



Bang The Drum

This group exercise class is offered at multiple YMCA of Greater Fort Wayne locations.



Bang The Drum combines traditional aerobic movements with the powerful beat and rhythm of the drums. No musical experience is necessary and we provide the drumsticks. A stability ball is used as the drum. This class is specifically designed to be inclusive for people of all abilities.

Questions? Contact Rebekah Coffey, Director of Adaptive Services at 260-755-4961