



Music, Memory & Motion

DrumFIT Classics Music, Memory & Motion is a unique cardio drumming program, designed for older adults, that uses movement and rhythm to benefit both the mind and body.

Participants benefit from improved memory and cognitive function, increased heart health, enhanced mood as well as reduced stress and anxiety, while drumming along with great generational music.

DrumFIT is a great music social that encourages participants to socialize and move together for brain and body health.



**A FUN, SUPPORTIVE,
AND INCLUSIVE GROUP
ACTIVITY FOR SENIORS**



**IMPROVES COGNITIVE
FUNCTION & MEMORY**



**CREATES GREATER
APPRECIATION FOR
FITNESS & HEALTH**



**ENHANCES MOOD,
REDUCES STRESS
& ANXIETY**

**Tuesdays, 10am
Steeple Center, Room 200
\$10/month**