

CARDIO DRUMMING



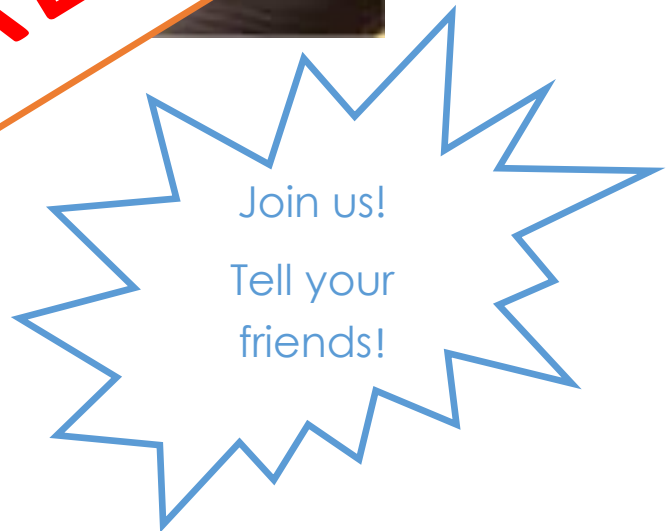
RETURNS!

Mondays and Thursdays
beginning August 3

6:30—7:30 PM

CHURCH PARKING LOT

\$2 per session



Join us!

Tell your
friends!

Please bring your own equipment (we can't issue any) and water bottle. Dress comfortably and be prepared for a great workout!

Please wear a mask for check-in.

We'll be socially distancing.

Raining or too hot? Check out our
Facebook page for updates.



ST. MICHAEL THE ARCHANGEL

Catholic Church & School • Livonia, Michigan

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