



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

Healthy Lifestyles | Exercise Cardio Drumming

at Gilda's Club Twin Cities

DATE:

Tuesdays

TIME:

12-12:45 pm

WITH:

Lori Gerval

COST: FREE!

RSVP:

24 hours in advance to

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Community Room

10560 Wayzata Boulevard

Minnetonka, MN 55305

*(From 394 go North on Hopkins
Crossroads; then right on North
Frontage road—Wayzata Blvd)*

*All programs and services are
offered at no cost.*



Boom ... Feel the Beat

Boom ... Feel the Burn

Boom ... Cardio Drumming

THIS is a class for anyone...and any ability! 45 minutes of cardio... with a little EXTRA work on legs and buns.

If you can hold drumsticks, you can do Cardio Drumming! Feel the beat...feel the burn...and RELIEVE STRESS – you'll LOVE the workout!

Equipment is provided (first come, first served)...just bring a water bottle...and your best inner rock star!



Lori Gerval is a certified Wellness Coach at EP Power Nutrition, Edina, and Cardio Drumming instructor. She has been involved in teaching healthy active lifestyle techniques and classes for over four years. In the past two years, her Cardio Drumming classes have delighted and inspired kids and kids at heart (from ages 4 to 94) to "just move" -- and provide a fun fitness option suitable for any age and any ability. Her mission

is to help others be better today than they were yesterday - starting with herself. The opportunity to offer a class at Gilda's Club was solely for the purpose of providing JOY to those battling cancer and the families who support them through their journey.

Gilda's Club Twin Cities

www. GildasClubTwinCities.org | 612.227.2147 | info@GildasClubTwinCities.org

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Rev. 6.24.16