

Drums Alive®

That's

- X Ultimate Fun
- X Stress Release
- X Self-Expression
- X Cardio-Vascular Workout
- X Fat-Buster
- X Concentration Booster
- X Versatile
- X Member-Magnet
- X Suitable for Everyone

Drums Alive®

Beat it. Drum yourself fit.

Drums Alive® allows you to let go and let your energy flow.

Drums Alive® programs are as varied as its participants. If short or tall, young or old, power beats or wellness beats (which support the production of alpha-waves in your brain) – Drums Alive® offers a program to suit you.

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INFINITE MOTION

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received from:



Drums Alive®



Drums Alive®
Drum and get fit

Drums Alive®

**Male or female, young or old,
everybody loves to drum.**

**To find out more visit:
www.drums-alive.com**

Your first Drums Alive® class is:

Drums Alive®

**The latest innovation
in fitness and wellness.**

Drums Alive® is fun, reduces stress and keeps you fit.

Stressed from work? Unable to switch off? Then Drums Alive® is just what you need. Forget the rat race and join the fun.

Drums Alive® classes are new, innovative, trendy and great fun.

And since you are moving while you are drumming, Drums Alive® lets you drop those few pounds.



Specific Advanced Training Courses:

Adults-Advanced

- ✗ Power Beats
- ✗ Step & Drum
- ✗ Tone & Drum
- ✗ Wellness Beats

Older Adults

- ✗ Golden Beats: Senioren-Sport
- ✗ Wellness Beats

Kids

- ✗ Kids Beats: Kinder-Sport
- ✗ Academic Beats: Schulkinder
- ✗ Bambini Beats: Kindergartenkinder