



2026



Joyful Voices

A group for ages 13–30 who love to sing and shine! Each week, we'll build vocal skills, breath support, articulation, range, rhythm and grow confidence on and off the stage.

***Ages 13+
15 weeks***

**Mondays 4:30-5:30pm
August 17th- December 7th
No class on Sept 7th & Nov 23rd
\$400**



Drums Alive

Drums Alive is an evidence based cardio drumming class that will make everyone want to move to the beat. We use yoga balls, buckets and drumsticks to engage the whole body and brain in our weekly classes.

***Ages 13+
16 weeks***

**Wednesdays 4:30-5:30pm
August 19th- December 9th
No class on Nov 25th
\$400**



sunshine health.

