

RHYTHM GYM

FITNESS FOR MIND, BODY, AND SPIRIT RHYTHMGYM.ORG

Program Overview

INSPIRE

FOCUS: COMMUNITY STRENGTHENING

Group Size	10 to 40+
Time	45 - 90 minutes
Number of Sessions	As scheduled
Frequency	Once or ongoing
Skill Level / Type	Basic / Drop in
Materials	Rhythm Gym Basic Kit
Requirements	40'x 40' room, Armless Chairs (per person), PA system

Strategies include:

- group drumming
- facilitated activities and games
- body percussion
- vocal percussion and group singing
- socializing opportunities

GOALS & BENEFITS

<p>Physical: To lower anxiety and enhance feelings of joy.</p> <ul style="list-style-type: none"> • Lower stress levels • Increase energy • Improve mood 	<p>Personal: To gain tools for playful self-expression.</p> <ul style="list-style-type: none"> • Enhance confidence • increase options and capacity for self-expression • Accessible format for a successful music-making experience 	<p>Social: To provide opportunities for socializing in a supportive and inclusive environment.</p> <ul style="list-style-type: none"> • Develop new social connections • Community involvement • Develop an appreciation of differences • Share community news and information
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RHYTHM GYM
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www.rhythmgym.org

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