

# RHYTHM GYM

FITNESS FOR MIND, BODY, AND SPIRIT RHYTHMGYM.ORG

## Program Overview

### VITALITY

#### FOCUS: PHYSICAL CONDITIONING

Group Size	4 to 20
Time	45 minutes
Number of Sessions	Ongoing
Frequency	Weekly
Skill Level / Type	Basic / Drop in
Materials	Rhythm Gym Fit Kit
Requirements	30'x 30' room, PA system

#### Strategies include:

- stretching & breathing
- socializing activities
- body percussion & vocalizing
- group and partner movement
- group and partner music making
- group drumming
- relaxation

#### GOALS & BENEFITS

<p><b>Physical:</b> To develop timing and coordination, improve muscle tone and overall cardiovascular conditioning.</p> <ul style="list-style-type: none"> <li>• Lower stress levels</li> <li>• Boost energy</li> <li>• Improve physical condition</li> <li>• Reduce anxiety and hyperactivity</li> <li>• Improve mood</li> </ul>	<p><b>Personal:</b> To develop musical awareness, enhance rhythmic acuity and improve physical condition.</p> <ul style="list-style-type: none"> <li>• Improve sequencing &amp; planning</li> <li>• Increase self-awareness &amp; self-esteem</li> <li>• Improve focus and concentration</li> <li>• Boost creative potential and problem solving skills</li> </ul>	<p><b>Social:</b> To provide opportunities for socializing in a safe and supportive environment.</p> <ul style="list-style-type: none"> <li>• Make friends</li> <li>• Share and develop ideas</li> <li>• Create and foster community</li> <li>• Develop interpersonal relationships</li> </ul>
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**RHYTHM GYM**  
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[www.rhythmgym.org](http://www.rhythmgym.org)

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