

# Hoop Body Sculpt Workshop Series!



Workshop series Thursday's

12:00pm – 1:00pm

1/19 - 2/23 (6 weeks = 5 sessions + 1 free makeup session)

Cost: \$60

\$12 Single Session (pre-register)

Want to **build your core strength**, tone your body, **burn 400 -600 calories per hour**, **reduce your stress, calm the mind, build your core strength, get a good cardiovascular work-out and increase your energy while having fun??** Hula Hooping is a fun way to experience exercise within the hoop! In the class you will learn to do basic hooping while walking, turning, on the waist, on the hips and off the body.

**The classes will include:**

Choosing a hoop

Warm Up and stretching with a hoop

Basic Hoop moves

Hoop Workout

Cool down

**Larger Adult Sized Hoops will be provided.** This is a beginner workshop series so no experience is necessary just an open mind and a willingness to learn. Be sure to bring a water bottle and wear comfortable, natural fiber clothing that allows freedom of movement. .



ananda shala