

Mad About Hula Hoops

Looking for a fun way to keep your kids active? Do they enjoy spectacular performances like Cirque Du Soleil or The Greatest Showman? Then Mad About Hoops is perfect for your child. Each week the kids will learn cool hoop tricks, play exciting hoop games and more! This class will improve balance and coordination while burning up to 400 calories per hour. Not only does hula hooping create healthy bodies, but it's a great way of building self confidence through creative movement! You'll be so impressed with your hooper stars at the end of the session, you'll think they joined the circus!

**Mondays at 3:30--\$10 per class.

Contact: madabouthoopsxo@gmail.com

sign up:

https://docs.google.com/forms/d/e/1FAIpQLSdEFMvTzeJxWdUJc3pcoQFnXp_O-ZByM64GGv8d6SlpcBuN7Q/viewform