

HULA HOOPING ALL OVER CHALLENGE

Wednesdays

April 23 - June 6, 2025

6:30 - 7:30 p.m.

LOCATION - AEROBIC ROOM

\$38/ RESIDENTS \$44/ NON-RESIDENTS

DROP-IN \$10



Hula Hooping is a safe fun way to burn calories and body fat.

In this session your challenge is to learn to hoop in both directions and keep the hoop flowing on your waist, hips, arms, legs and hands! Benefits: Tone all over if you hoop all over! Your body will love it! We will end with a routine incorporating all you learn! Get your middle little in the hoop. Register now!

All Levels Welcome! Hoops available for use and purchase or bring your hoop!

**Instructor: Gerri McCully
(216) 214-6234**



CLEVELAND HEIGHTS COMMUNITY CENTER

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