



Cleveland Heights
Parks & Recreation



Fitness

Fall 2024

Hula Hoop Class

Hula Hooping is a safe and fun way to burn calories and body fat, improve your balance, strengthen your core muscles, and boost your cardiovascular fitness.

Hula hooping can also improve your coordination and posture.

A Hula Hoop will be provided.
Please bring a bottle of water.

Mondays and Thursdays
7 - 7:45 am

September 9 - October 21
\$38 CH Residents
\$44 Non-Residents
\$10 Drop-In

TO REGISTER

Phone: 216-691-7373

Or scan QR code (right)



CONTACT US

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