



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HULA HOOP

With Joy

This is a fun, hoop-dancing workout. Great for beginners who would like to improve waist hooping ability and expand their knowledge of moves that can be done with a hula-hoop while getting a great workout at the same time.

All skills levels are welcome.

Bring your own hoop or use one of ours!

Begins January 15

Tues/Thurs, 6:35–7:35pm

Bellingham YMCA 4th Floor Aerobics Room

**Free for YMCA Members and Day Pass for Program Members.
No need to register.**