



Harry Whiting Brown  
Community Center  
34 Village Square  
Glendale, Ohio 45246

# Hula-Hooping Classes

Each class is 1 hour long and costs \$20. You'll need to take them in order - but don't have to stay with a specific series of classes. Spread them out if you want and just enjoy the fun of it, while you benefit from the exercise of it! You can hoop ANYWHERE once you've got a hoop and some fun techniques to use!

**HOOPING 1: Waist & Passing**      Monday, May 5.....11am  
Wednesday, May 7.....7pm  
Monday, May 12.....10 am  
Wednesday, May 14.....8pm

Learn forward stance and side stance waist hooping, 360 spin, moving all around, and passing the hoop with your hands.

**HOOPING 2: Hips & Halos**      Monday, May 12.....11am  
Wednesday, May 14.....7pm  
Monday, May 19.....10am  
Wednesday, May 21.....7pm

Review techniques from first class. Learn Hip hooping, transitioning from waist to hips and back, and Halos - twirling that hoop overhead!

**HOOPING 3: Floating & Corkscrews**      Monday, May 19.....11am  
Wednesday, May 21.....7pm  
Wednesday, May 28.....8pm  
Monday, Jun 2.....10am

Review earlier techniques. Start learning more advanced techniques in which you bring the hoop onto and off of your body while it's still moving!

**HOOPING 4: More Corkscrews**      Wednesday, May 28.....7pm  
Monday, June 2.....11am  
Wednesday, June 4.....8pm  
Monday, June 9.....10am

Review and add more on and off the body techniques! Challenging, fun and beautiful!

Please feel free to call Diane at 502-0223 daytime or evenings with questions - or to set up an impromptu outdoor demo and try it for yourself!

# WHERE TO BUY YOUR HOOP

This is NOT your kiddie hoop of olden times, still available at local toy stores! It's larger (around 38-48" in diameter) and heavier (generally 1-2 lbs) - made to fit our adult bodies and with enough substance (weight) to get that momentum going.

- Massage in Glendale - Diane has Hoopnotic Travel Hoops for \$45, straps for \$15
- <http://hoopnotica.com> – Travel Hoops for \$39.95 + shipping + waiting
- <http://bettyhoops.com> - convertible hoops for \$39.98 + \$8 shipping + waiting
- Target has pink Gaiam yoga straps for \$9 - same design, different color than the straps I have available. Yoga mat bags also work well with these segmented hoops.

The Travel Hoops have a foam band around them that is somewhat fragile (bad on cement!), but helps considerably in keeping that hoop UP!