

**MindGlo.com**

**MindGlo LLC**

## **Hula Hoop: Get Fit Have Fun!**

\$29.00



Learn the core moves of Hoopdance that allow you to build a solid foundation from which to move with your own personal style. Build your skills and start learning how to actually dance with the hoop. All the while toning your abs, back, arms, hips, buns, legs and strengthening and opening your upper back and chest. Gain increased balance and enjoy a great cardio workout!

**Tue, Oct 19, 7- 9 pm**

**Fee: \$29**

**Materials Fee: \$15 (optional)**

**Location: Whole Foods Market â€™ Fremont**

[Vendor Information](#)