

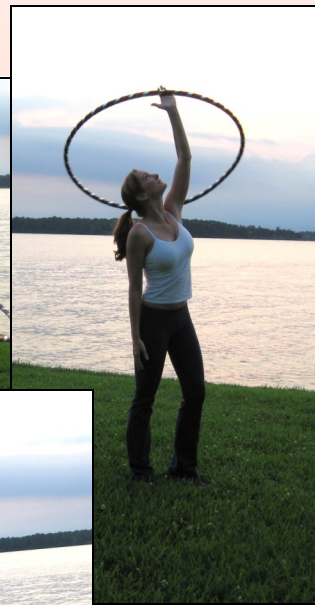
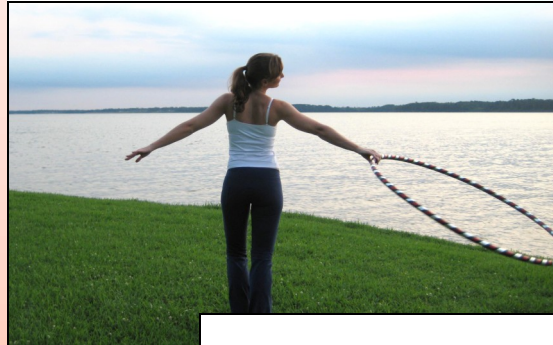
Hoopnotica Classes

Hoopnotica hoop dancing is an unbelievably effective full body work-out using hula-hoops. This innovative class provides an incredibly efficient work-out that tones the entire body, strengthens the body's core, burns fat and defines the waistline. Not to mention that it is just tons of fun!

Hoopnotica hoop dancing is the new hot trend in alternative fitness that is sweeping the globe. Even celebrities like Beyonce are hooping it up to stay in shape!

Self Magazine

*"The rotating movements require input from the ab and back muscles, trimming your middle without even **feeling like exercise.**"*



*Taught by
Sheri Morris,
Certified Hoopnotica Teacher*

