

Ages: 13+

Hula Hoop Workshop

at the Kettering Recreation Complex

Spin your way to fitness with hula hooping:

- Fun and effective workout for all fitness levels
- Enhances cardiovascular fitness
- Strengthens and sculpts the core
- Improves balance and posture
- Learn basic, beginner-friendly hooping moves
- Participants build and decorate their own adult-size weighted hula hoop



Registration required; limited to 10 participants per class.

**For more information or to register,
call 937-296-2587 or go to www.playkettering.org**



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT