

Let your workouts get a little **WILD**



It's a New Revolution in Fitness

**Add a weighted Hoop and you've got a
body-sculpting fitness tool
integrated into your favorite workouts.**

Hulala Fitness hard-core hoop class combines amazing hoop moves and skills with cardio dance, aerobics, pilates, yoga, strength training and stretching to give you a slender, toned and defined physique. Ooh-la-la, Hulala!

Your Workout – Made Fun

STUDIO 310

www.studio-310.com

Mondays 8:30pm
Starting in September
at Studio 310



www.hulalafit.com