



“Fall” for Hooping!

Hula hoops aren't just for kids!


Looking for a new activity that will “leaf” you feeling awesome and energized?

Join us for a
FREE 3-week Beginner Hooping Workshop
Wednesdays, Oct. 9th, 16th & 23rd
7:00 PM – 8:00 PM
St. Clement Church Social Hall



AGES

15 - 99



Hula hooping is a fun, low-impact cardio workout guaranteed to make you feel like a kid again! In this 3-week workshop you will learn hooping basics, skills and drills that will:

- sculpt your entire body
- improve strength, muscle tone, balance, flexibility, posture and coordination &
- increase your general happiness levels!!!

**COME JOIN IN ON FREE FITNESS CLASSES THAT WILL BENEFIT
YOU AND ST CLEMENT CHURCH MINISTRIES**
Come to one or all the classes!

**REGISTRATION SUGGESTED
WALK-INS ARE WELCOME
ALL HOOPS ARE PROVIDED/NO EXPERIENCE IS NECESSARY**

Cash donations will be accepted weekly for various St. Clement Church Ministries

INSTRUCTOR – DAWN GEORGEVICH

For questions or to register, contact Dawn @ 814-691-0693