

Hoop To Health

360° of FUN ~ HoopDance Class



Added Bonus
Hoop Performance
by Laiya

Sun - July 19th (1:00-3:00pm) \$30.00

This workshop gives you:

- Basic Hooping Skills & Hooping Manual
- Hoop Tricks & Cardio Hoop Dance Moves
- A Chance To Play & Have Fun

Suitable Attire: yoga/stretch/aerobic clothing

To reserve your spot contact **Laiya**



3345 South 300 West (Suite B2)

www.bellydancingbythia.com (801) 466-4337

Hooping isn't just for kids anymore ... even our First Lady, Michelle Obama is hooping, stated Opra Magazine. *"The hoop can teach you to move freely and creatively - most of us don't have a lot of opportunities to move our hips around like that in everyday life,"* says San Francisco hoop instructor Christabel Zamor, owner of Hoop Girl and author of the new book entitled *Hooping! A Revolutionary Fitness Program*.

What's more, you can burn 300 calories in a 1/2 hour of vigorous hooping.

About Laiya,

She's been Hooping for 3 years and it's changed the shape of her body ... the way she thinks and feels about her body ... as well as increased her energy and confidence.

Laiya is a Professional Speaker, Life Coach, Energy Worker, and Reiki Master Teacher. She has Instructor Certifications in Yoga, Skiing, Pole Fitness, and Hooping.

Laiya offers Workshops, Classes, and LED / FIRE Performances.



(Various Size Adult Hula Hoops Available)

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