



**Want to exercise in a fun way. Weighted Hula Hoops are a great way to exercise and have fun.**

**Please join us for a night of Hula Hooping. Space will be limited to 12 participants so first come first served. If there is interest after this introductory lesson, we will set up a continued biweekly session.**

**Details below:**

**Date: Tue Sept 26**

**Time: 6pm-7pm**

**Location: Kenner CVI in the POD (Parking at back of school near POD)**

**Registration: Laurie Lucciola**

**[edu@cupe5555.ca](mailto:edu@cupe5555.ca)**

**Cost: \$5.00 to cover the cost of the instructor**

**Please be willing to confirm to the one night when registering. We only have 12 spots available for a safe, fun session.**