

Hoop Dancing Series

with **Kammi Matson**

Think hula hooping is just for kids? Well, think again! Hoop Dancing is sweeping the nation as a great new exercise for adults and kids alike. Come and learn from Hoop Dancer, Kammi Matson of Cosmic Hoops, what all the hoopla is about!

This three class series, designed for beginners, will teach the basics of hoop dancing from waist hooping to off-the-body moves. Let the hoop awaken your inner dancer, while increasing body awareness, developing coordination, building core strength, and most importantly, having fun!

Practice hoops will be provided for class participants. Please wear comfortable clothing. For more information about hoop dance check out www.cosmichoops.net



Hoop Dancing Series

SAT-SUN JUNE 26 AND 27

Sat - 1:00-3:00 pm: Elements of HoopDance \$40

Sat Evening - 7-9 pm: Cosmic HoopDance Jam \$15

Sun - 2-4 pm: Cosmic Hoop Skillz \$45

To register for the class, call the studio at (907) 277-7037.

enjoy • move • breathe

