

~ February 2010 ~ HOOPING CLASSES to Sign up

Sun Mon Tue Wed Thu Fri Sat

<p>1. CONTACT ACB at 541-385-3062 to sign up for HoopBliss. All members of the community invited! Series or drop in welcome! HYBO is available for drop ins weekly.</p>	<p>2. Hoop Bliss Four week series or weekly drop in @ The Athletic club of Bend. Open to members and Non-Members. 6:30-8pm</p>	<p>3. Hoop Your Buns Off @ Juniper 6:45-7:45</p>	<p>4.</p>	<p>5.</p>	<p>6.</p>
<p>7.</p>	<p>8. Hoop Bliss Four week series or weekly drop in @ The Athletic club of Bend. Open to members and Non-Members. 6:30-8pm</p>	<p>10. Hoop Your Buns Off @ Juniper 6:45-7:45</p>	<p>11. Hoop Bliss two week "sweetened-condensed" Hoop Bliss series through COCC 6-7:30pm www.cocc.edu to sign up</p>	<p>12.</p>	<p>13.</p>
<p>14.</p>	<p>15. Hoop Bliss Four week series or weekly drop in @ The Athletic club of Bend. Open to members and Non-Members. 6:30-8pm</p>	<p>17. Hoop Your Buns Off @ Juniper 6:45-7:45</p>	<p>18. Hoop Bliss two week "sweetened-condensed" Hoop Bliss series through COCC 6-7:30pm www.cocc.edu to sign up</p>	<p>19.</p>	<p>20.</p>
<p>21.</p>	<p>22. Hoop Bliss Four week series or weekly drop in @ The Athletic club of Bend. Open to members and Non-Members. 6:30-8pm</p>	<p>24. Hoop Your Buns Off @ Juniper 6:45-7:45</p>	<p>25. Hoop DELIGHT thru 3/4 Beyond Beginning HoopDance! Two week series thru March 4th. See description next to this box. Sign up through www.cocc.continuingeducation.edu 6-7:30pm</p>	<p>Already feeling comfortable with hooping on your waist? Ready to learn a few more things? Work into hooping in new areas of your body including shoulders, hips and legs. We will play with off-the-body moves such as tosses and spins and start linking moves together.</p>	
<p>28.</p>	<p>Notes: HOOP BLISS@ ACB in FEBRUARY Hoopling is not a new exercise fad, but a dynamic form of movement art that incorporates a Hula Hoop. Hooping builds your body, quiets your mind and rejuvenates your spirit. This multi-level class will focus on the fundamentals, move into tricks and linking moves together, and explore playing with your hoop in flow. The ideal class for someone new to Hoopdance, or those wanting to refresh their skills or practice in their non-dominant direction or with smaller hoops. Hoops available to borrow or purchase. Wear comfortable yoga-type clothing, bring water. Only \$45 less than \$12/week! You can sign up for the whole series (recommended) or just drop in weekly for \$12/class.</p>				