



Suela Hooping



FOR CLASS SCHEDULE GO TO: SUELAHOOP.COM

New 2010 price all classes now \$10.00 Walk-ins welcomed.

I Teach the Following Events:

- Corporate Events
- Motivational Fitness
- Personal Training
- After School Programs
- Private Parties
- Birthday Parties
- Office Parties
- Retirement Parties
- Bachelorette Parties
- Wedding Showers
- Scouts

Benefits of Suela Hooping:

- Strengthens core muscles
- Firms abdominals
- Works your cardio
- Burns 600 calories per hour
- Aligns and balances muscular skeleton
- Clears your mind
- Boosts confidence and self-esteem
- Teaches rhythm
- Fun for all sexes and ages
- Lots of laughter

Corporate Rates

\$200.00 per hour with \$150.00 each additional hour

All corporate events are for beginners and advanced.
Suela hoops are provided along with music.

Suela Hoops are custom made to fit your body.
Because of their size and weight they are easier for adult bodies to use.
So, come and get your hoop on and laugh and have some fun!!

To Purchase a Suela Hoop contact:

Susan Whitney
aka the Suela Hooper
(401) 575-7651

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www.suelahoop.com