

**UPCOMING CLASSES AND WORKSHOPS****BERKELEY COUNTY ADULT AND COMMUNITY EDUCATION CLASSES***Four-week class session starts February 15, 2010*

Hooping is a wonderful exercise and so much fun. It strengthens and tones the abdominals, lower back, glutes, hamstrings, and arms. It is a great cardiovascular workout and improves balance, coordination, and posture. So come on out and give the hoop a spin. We turn on good moving music and have fun while we workout. Classes include yoga-like stretching, hooping basics, upper and lower body workout.

Materials fee of approximately \$25 is to be paid to the instructor the first night of class for hoop. If you don't already have one. Classes meet at the Ramer Center in Martinsburg, WV.

**February 15** (4 weeks) *because of presidents day class will start on Feb. 17. So you still have time to register.*

Monday 6:15 - 7:15 and Wednesday, 7:15 - 8:15 p.m.

Tuition: \$45

CLASS CODE 507

*You must register online through Berkeley Co. Adult Ed. The link is below.*

<http://berkeleycountyschools.org/bcsd/site/default.asp>

**Hagerstown Workshop****Saturday March 13, 2010****1:00 – 4:00 p.m.**

Pangborn Elementary School

195 Pangborn Blvd., Hagerstown, Maryland

Cost: \$35

Hoola hoop workshop for all levels of experience. Come join us whether you have never hooped before or you are a seasoned hooper who wants to learn more. Learn the basics of hoopdance and how to incorporate them into a fun, fat burning, cardio, body sculpting workout. Whether you want to hoop for fitness or dance, this workshop will cover it all. We will provide hoops to use and will have hoops for sale.

Have fun and feel good all while strengthening and toning abs, lower back, glutes, thighs, hamstrings, arms, and upper body. Hooping is also a great way to improve your balance, coordination, and posture, and is an incredible confidence builder. One of the best parts about it is the sense of joy and accomplishment it brings.

Register On-line <http://www.boomtownhoops.com>

Or call Melody at (540) 664-7997 or myself at (304) 433 - 5444

**VIDEOS AND TRICKS**

Here is a video of me hooping on stage with Baltimore band Freedom

Enterprise. They are really great! Notice how I threw the hoop and it hit the bass player. 😬. Yes even us hoopers that practice everyday still make mistakes.

<http://www.youtube.com/watch?v=xracFBRTJyl>  
<http://www.youtube.com/watch?v=Z73YOEH7xzA>

### **TRICK OF THE MONTH**

<http://vimeo.com/7304199>

**Let me know if this link works. If not I will try to work it out for you. If you are interested in learning ways to incorporate this in the flow and tricks you can go into from this let me know and I will be happy to share what I do with it.**

**With that I will wish you all a beautiful month. Come and check out out classes and workshops, they have really transformed into a real workout class. Last year was my first year and we have learned so much since then. Peace and love.**

**Stephanie**