

Boomtown Hoops: Hula Hoop Fitness Workshop Criteria

The purpose of the Boomtown Hoops Hula Hoops Workshop is to instruct participants in basic hula hooping skills. The workshop is structured for participants with both beginning and intermediate-level hooping experience. Emphasis is on using hula hooping to lose weight, strengthen, tone, build confidence, and have fun. During two breakout sessions, participants will do a full-body fitness hula hoop workout, as well as learn and practice several skill-building movements and exercises. Participants may bring their own hoops; a limited supply of hoops will be available for use during the workshop. The workshop lasts three hours and is taught by Boomtown Hoops staff.

Workshop Format

- 1:00 - 1:10 **Sign in**
- 1:10 - 2:10 **Introduction to hooping** (includes a brief discussion about the benefits of hooping and how it has transformed our lives)
- Stretching**
- Hooping basics** (waist hooping, moving around while hooping, hip hooping, pass-arounds, halos)
- 2:10 - 2:55 **BREAKOUT SESSION 1: Workout Class or Hoop Skills Class**
(Note: Participants will be divided into two groups; all participants will get to do both classes.)
- WORKOUT CLASS:** A full-body fitness workout using the hoops
- HOOP SKILLS CLASS:** Covers skills such as lifting the hoop off the body and variations of this; two different ways to bring the hoop back onto the body; and basic jumps, isolations, and stalls
- 2:55 - 3:15 **Break time . . . relax and chat**
- 3:15 - 4:00 **BREAKOUT SESSION 2: Workout Class or Hoop Skills Class**

Contact Information



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