

Ladies' Hula Hoop Night Out!



Sunday, August 15, 2010

2:00 to 11:00 p.m.
Hedgesville, West Virginia

R.S.V.P. for Directions:

Phone: 540-664-7997 or 304-433-5444

E-mail: boomtownhoops@gmail.com

Presented by
Boomtown Hoops

RAIN DATE: Sunday, September 19, 2:00 to 11:00 p.m.

TRICKS + TECHNIQUES + HOOP RAFFLE + FRIENDS + FOOD & FUN

HEY, LADIES! Need a night out?

Grab your girlfriends, your hula hoops, and your kids and let's hoop it up together! We're sure to get hungry, so bring a healthy dish to share.

Plan to have fun! Show off a little, get support and encouragement, and give some, too! We'll show you how you can add hula hooping to your exercise routine, become more in touch with your body, and learn new techniques and tricks. There will be something for everyone, from beginners to advanced hoopers.

We'll also have a HULA HOOP RAFFLE! Don't miss this chance to win a new hula hoop, made by Boomtown Hoops!

Presented by:



Hoops for fitness and dance

www.BoomtownHoops.com



Visit our website for hoops, classes, performance videos, bookings, and more!