



Hula FITNESS

Hula Fitness is a new and exciting workout class inspired by the cultural dances of the Pacific Islands. Join professional Polynesian dancer, Riani, for a total body workout, incorporating dance movements to the sounds of traditional South Pacific drumbeats fused with fun island music.



CLASSES START
**MONDAY,
FEBRUARY 5TH**

**\$10 PER PERSON
OR
\$80 FOR 10-CLASS
PUNCH CARD**



**MONDAYS & WEDNESDAYS
11 A.M. - 12 P.M.**



**FRANK BROWN PARK
COMMUNITY CENTER**



**BRING A SARONG OR
PAREO**



AGES 16 & UP

This 60-minute class isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abdomen, glutes, quads, and arms. With easy to perform movements, all fitness levels will enjoy this fun dance workout class.