

# Let your workouts get a little

# WILD



## It's a New Revolution in Fitness

Add a Hoop, and you get...

### ***A Body-Sculpting Fitness Tool***

Unique mix of cardio, toning and stretching

### ***Beautiful Hoop Moves and Amazing Skills***

For a fun and energetic workout

### ***A Slender, Toned and Defined Physique***

We specialize in taut abs

## Put a New Spin on your Workout

See why *The Washington Post*  
says "so many folks are giving  
*HoopFit! a whirl!*"



[www.hulalafit.com](http://www.hulalafit.com)

As seen in *IDEA Fitness Journal*, *Creative Ideas that Inspire*

**Put a new spin on your workout at the following studios:**



[www.studio-310.com](http://www.studio-310.com)



[www.balancestudio.com](http://www.balancestudio.com)



[www.yinyangyogacenter.com](http://www.yinyangyogacenter.com)



[rockenroll.rockvillemd.gov](http://rockenroll.rockvillemd.gov)



MONTGOMERY COUNTY  
**Recreation**

[recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov)