

**MODERN HULA HOOPING FITNESS CLASS**  
**with Darren Mignone**



This is a class series designed for beginners. No experience necessary. Hooping is a fun, low impact way to shape and tone. It strengthens the core and enhances cardiovascular health. Workouts will focus on basic movements on and off the body and incorporate a variety of music to encourage movement, flow and fun. Please wear comfortable attire and bring water. Space is limited; reserve early to try a fresh “retro” class that will help build a strong and confident body.

**JANUARY 16 THROUGH MARCH 13**  
**SATURDAYS, 9:30 - 10:30 A.M.**

**COST:**

**RESIDENTS:** \$40.00/person

**NON-RESIDENTS:** \$50.00/person

**MATERIALS FEE:** \$25.00 (to be brought to the first class for hula hoop purchase)

Participants may bring their own hula hoop and not have to pay the materials fee.

**LOCATION:** Southold Town Recreation Center

**\*Class will not be held on March 6\***