



# Free Taster Class Hula Hula Fun

Hula hooping is a great way to try something new, get fit and have fun at the same time! In our taster session we will teach the basics of hula hooping and introduce you to our hula hoop circuits.

Beginners are very welcome; we cater for all levels.

session for adults (15-17yrs must be accompanied by an adult)

**Frank Myler Pavilion  
7-8pm Thursday 15<sup>th</sup> February**

**Places are limited!**

Booking is essential either email [hulahulafun@outlook.com](mailto:hulahulafun@outlook.com)  
or message @hulahulafun on Facebook or Instagram

For further information on Physical Activity in Halton:

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