

F.I.T.@PRC  
presents



# Hula Hoop THROW DOWN



**1 MINUTE**

*As many hula  
rotations as you  
can do!*



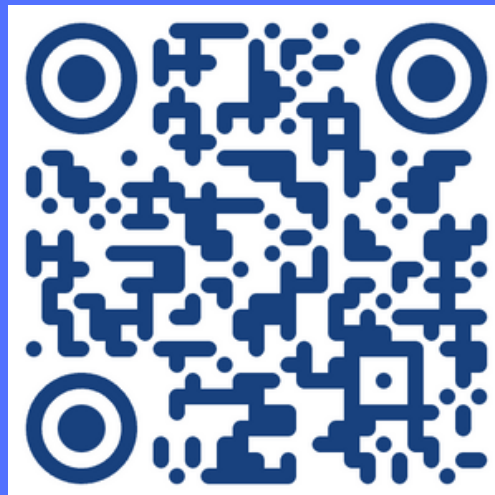
**PRIZES!**

**\$50 First Place**

**\$25 Second Place**

*both Men and  
Women winners*

**HULA DEMO**



**APRIL**

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**a month-long  
competition!**



**Come up to the gym for a fun and effective  
way to work your core - and your moves!**