



# PARLAY HOOP DANCE FITNESS

**INCREASES**  
BALANCE, CORE STABILITY, COORDINATION  
**STRENGTHENS**  
HIPS, WAIST, LEGS & ARMS  
**ENHANCES**  
FLEXIBILITY OF THE SPINE

**SATURDAY, MAY 28TH @ 2:00**  
**[WWW.MOONDANCEARTS.CA](http://WWW.MOONDANCEARTS.CA)**

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