

The logo for HULA, featuring the word "HULA" in a bold, pink, sans-serif font. Below the text is a stylized graphic of a hula hoop in shades of teal and blue, with the word "FIT" written in a smaller font inside the hoop's center. The entire logo is set against a white circular background.The logo for CORE CREW, featuring the words "CORE" and "CREW" stacked vertically in a bold, pink, sans-serif font. The text is centered within a white circle that has a pink, hand-drawn-style border. A pink lightning bolt graphic is positioned behind the text, extending from the top to the bottom of the circle.

HULAFIT TRAINING DAY

SATURDAY 6TH FEBRUARY 12 - 4pm

Group 1. Off Body Cardio - Using Hoop as a Marker

Techniques: Choose 2 or 3

Lunge

Side Step

Squat

Jump

Leg Curl

Jog

Box Step

Tap the floor

Considerations: Which direction?

- Forward/Backward

- Side to Side

- 360 - All the way round