



Class Descriptions

In Person Classes

Get ready to bring your core to the floor for a seriously good fun fitness class!

This is a class for the total beginner as well as the fitness fanatic. HulaFit® combines tried and tested fitness techniques with hip shakin' Hula for a great full body cardio workout.

At a HulaFit class you will be using weighted hoops which make it easier to keep the hoop spinning around your waist, as we help you concentrate on exercises to improve your strength, coordination, balance and cardio fitness.

You'll be jumping, squatting and spinning like a pro in no time!

Hula hooping is a great low-impact exercise so it can be good for those who can't do regular exercises like running, but don't be fooled.. we aim to hoop you hard, so spin steady, spin fast and you will get a mega calorie blast!

CLOTHING: wear trainers and fitness-friendly attire!

Hoops are provided. All abilities welcome.

WARNING: some people may experience some slight bruising following their first HulaFit class...this is normal and there is no internal damage being caused, it is just your body getting used to the hoop. If you have any concerns, please consult a medical professional prior to attending a class.



Class Descriptions

Online Classes: Beginner

Get ready to bring your core to the floor and get sweaty in the comfort of your own home!

Online HulaFit® tailored to smaller spaces.

This is a 45min class suitable for complete beginners as well as more confident hoopers who want to hone the HulaFit® fundamentals. We give you the opportunity to increase or decrease the intensity so you can work to your own level. HulaFit® combines tried and tested fitness techniques with hip shakin' Hula for a great full body cardio workout.

During this online class you will maintain a hoop spinning around your waist, we recommend using a big Hula Hoop to make it easier to maintain your waist hooping, as we help you concentrate on exercises to improve your strength, coordination, balance and cardio fitness. You'll be jumping, squatting and spinning like a pro in no time!

You will need:

- A Hula Hoop (preferably large in diameter, weighing between 700g - 1.2kg)
 - An internet enabled device; tablet, laptop, phone etc
 - A clear space to hoop in!
- If you have a mat (yoga/exercise mat) &/or some hand weights at home, have these at hand as you may use them during your class - your Instructor will let you know before the class starts.

CLOTHING: wear trainers and fitness-friendly attire!

WARNING: some people may experience some slight bruising following their first HulaFit class...this is normal and there is no internal damage being caused, it is just your body getting used to the hoop. If you have any concerns please consult a medical professional prior to attending a class.

Intermediate

Get ready to bring your core to the floor and get sweaty in the comfort of your own home!

Online HulaFit® tailored to smaller spaces.

This is a 45min Intermediate Online class for those who already have experience of spinning a Hula Hoop on the waist & are confident of their ability to maintain it on the waist.

HulaFit® combines tried and tested fitness techniques with hip shakin' Hula for a great full body cardio workout.

During this online class you will maintain a hoop spinning around your waist, we recommend using a big Hula Hoop to make it easier to maintain your waist hooping, while we challenge your existing skills with a range of intensity levels designed to improve your strength, coordination, balance and cardio fitness.

You will need:

- A Hula Hoop (preferably large in diameter, weighing between 700g - 1.2kg)
 - An internet enabled device; tablet, laptop, phone etc
 - A clear space to hoop in!
- If you have a mat (yoga/exercise mat) &/or some hand weights at home, have these at hand as you may use them during your class - your Instructor will let you know before the class starts.

CLOTHING: wear trainers and fitness-friendly attire!

WARNING: some people may experience some slight bruising following their first HulaFit class...this is normal and there is no internal damage being caused, it is just your body getting used to the hoop. If you have any concerns please consult a medical professional prior to attending a class.