

Winter 2019 Hoop Fitness & Hoop Dance Classes

No experience is necessary and demo hoops will be provided if you do not have your own. Hoops by Jem also sells handmade weighted fitness hoops, and dance hoops. You can celebrate a birthday with Hoops by Jem too! Contact us for more details.

The Hoop Fitness Class: warmup, cardio waist hooping, hip hooping, hooping in reverse, basic off body moves, Pilates & Barre based strength training moves, cool down, and stretching. You will burn on avg. 420 calories in the 1hour long class, while listening to music that motivates you to move. Hooping is a great, low-impact, cardio exercise that's so much fun; you will not feel like you're exercising. (ages 9+)

The Hoop Dance Class, Kids (K-6th grade) Hoop Dance: will be more instructional on beginner, and intermediate hooping moves to add to your hoop dance. We will build, reinforce and add to the complexity of each different hoop move. This class will be geared to the skills of those who register, must be able to waist hoop.

Cost: \$73/6 weeks

Walk-ins: \$14/class, only if there is availability,

Sessions can be pro-rated if you decide to start mid-session

Discounts: \$5 off returning students, Pay in Cash \$3 off, 50% off second class or second family member that lives in the same home. Both above Discounts = \$65/6 weeks, 50% off = \$32.50

Make up classes are allowed on a day that a class is offered, if there is room. You must call ahead of time. You can make up a class at any time during the same paid session; make up classes will not be allowed to carry over to the next session.

Upcoming Winter 2019 Classes:

- **Sundays PM:** (3:30-4:30 pm Kids 1st-6th Hoop Dance) (Hoop Fitness 4:45-5:45) (Doubles Hoop Dance 6-7) (Holograms Hoop Troupe 7-8)
(1) 1/6, (2) 1/13, (3) 1/20, (4) 1/27, (5) 2/3, (6) 2/10, **skip 2/17**, (makeup 2/24)
next session (1) 3/3, (2) 3/10, (3) 3/17, (4) 3/24, (5) 3/31, (6) 4/7, (makeup 4/14)
@ The Masonic Lodge, 421 Kenwood Ave, **Delmar**, NY 12054
- **Mondays AM:** (9:30-10:30 AM Hoop Fitness)
(1) 1/7, (2) 1/14, **skip 1/21**, (3) 1/28, (4) 2/4, (5) 2/11, **skip 2/18**, (6) 2/25, (makeup 3/4)
Next session (1) 3/11, (2) 3/18, (3) 3/25, (4) 4/1, (5) 4/8, (6) 4/15, (makeup 4/29)
@ The Court Club: 444 Sand Creek Road, **Albany**, NY 12205
- **Wednesdays PM:** (5:40-6:40 Hoop Dance) (6:45-7:45 pm Hoop Fitness Class)
(1) 1/9, (2) 1/16, (3) 1/23, (4) 1/30, (5) 2/6, (6) 2/13, **skip 2/20**, (makeup 2/27)
@ The Court Club: 444 Sand Creek Road, **Albany**, NY 12205

*****Know of a place that would want a hoop class; we only need 6 students to have a class. Please let us know, we are looking to grow and bring hooping to more areas! Available for morning, lunch hour, and evening classes.

Call 518-813-8499 for more information or email: Jem@hoopsbyjem.com for a registration form. Don't forget to like us on www.facebook.com/hoopsbyjem to find out about upcoming events!