

NOT JUST FOR KIDS ANYMORE



PARLAY HOOP DANCE

WORKSHOP - \$15.00

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

SAT. OCT 27TH 1:00-2:15

WWW.MOONDANCEARTS.CA

THE ART HOUSE STUDIO
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