



HOOPING WITH CAROLINE

Come join us for 4 nights of exercise, fun and socializing as we learn the basics of hooping. This combination of dance and exercise.

Caroline Neumann is skilled in the art of hooping and is looking forward to teaching techniques and having fun!

Thursdays: June 7th to June 28th

5:30 – 6:30pm

\$20 for all 4 sessions
(prepayment required)
Limited to 12 hoopers

NO EXPERIENCE NECESSARY! Wear comfortable clothing and shoes. Hoops will be provided.

**WHERE: The Arc at Market Street
555 S. MARKET STREET**

**RSVP: Hasina at 301.663.0909 or
hrahimi@arcfc.org**



The Arc
of Frederick County