

HOOLA-HOOP
CARDIO
PLUS MADNESS



Tuesday, March 19th starting at 11:30am join Maria for some hoola hoop fitness. We will provide hoops or you can bring your own. This is part of our Recreation Incentive Program so no membership is required. Bring friends! Bring family! Don't miss out on the fun.

www.catskillrecreationcenter.org