

**Everybody  
is  
Hooping!**



# Cardio Hoop

**THURSDAYS 7 pm**

- **Sculpts Abdominals**
- **Builds Muscle**
- **Improves Cardio Health**
- **Heightens Endurance**
- **Builds A Lean, Toned Body**



1300 S. Main St.  
336.354.1590 ext. 300  
[www.ywcaws.org](http://www.ywcaws.org)

*eliminating racism  
empowering women*  
**gateway ywca**