



# Collier County Government



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## FOR IMMEDIATE RELEASE

### HOOP DANCING SETS A FITNESS TREND AT VETERANS COMMUNITY PARK

Exercise can be tough and let's face it many of us put it off if we can. But, now there is a new fitness trend that will have your hips swaying and your body moving like never before!

Collier County Parks and Recreation's Veterans Community Park is proud to introduce Hoop Dancing. If you are going to get in shape, you might as well have fun and now you can!

So what is Hoop Dancing? It is being called the new yoga! Class participants actually hula hoop and dance using bigger and heavier hoops so that as they rotate around your body, you are completely focusing on balance and your core.

"I tried it out so I could tell customers about the program and I promise you it is the most fun you will have and you won't even realize you are working out," said Barbara Johnson, Program Leader.

This new type of exercise allows you to burn approximately 200 calories in just 30 minutes. Hooping is a rhythmic and meditative dance that helps you lose weight, and creates a new inexpensive hobby to enjoy with friends. Participants begin by learning the fundamentals of hula hooping, and then move on to beginner movements. Instructors then choreograph a short performance for a faster burn.

Hoop Dancing is offered at Veterans Community Park located at 1895 Veterans Park Drive in Naples, FL on Thursdays, 7 p.m. to 8 p.m., and on Saturdays, 9 a.m. to 10 a.m. For more information call (239) 566-2367.