



# April 2015

## Hula Hooping Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 29 <i>Twirl Dance and Tricks</i> <i>Faith's Fitness</i> <b>6:00-7:00</b>	March 30 Twirl Fit <b>Adult Ed</b> Warsaw Middle School Pittsfield <b>7:00-8:00</b>	March 31 <b>ZUMBA</b> <i>Faith's Fitness</i> <b>6:00-7:00</b> <i>Power Twirl</i> <b>7:15-8:00</b>	1 Twirl Fit <b>Adult Ed</b> Newport Elementary School <b>6:00-7:00</b>	2 Twirl Fit <i>Faith's Fitness</i> <b>6:00-7:00</b>	3	4
5 <b>NO CLASS TODAY</b>	6 Twirl Fit <b>Adult Ed</b> Warsaw Middle School Pittsfield <b>7:00-8:00</b>	7 <b>ZUMBA</b> <i>Faith's Fitness</i> <b>6:00-7:00</b> <i>Power Twirl</i> <b>7:15-8:00</b>	8 Twirl Fit <b>Adult Ed</b> Newport Elementary School <b>6:00-7:00</b>	9 Twirl Fit <i>Faith's Fitness</i> <b>6:00-7:00</b>	10	11
12 <i>Twirl Dance and Tricks</i> <i>Faith's Fitness</i> <b>6:00-7:00</b>	13 Twirl Fit <b>Adult Ed</b> Warsaw Middle School Pittsfield <b>7:00-8:00</b>	14 <b>ZUMBA</b> <i>Faith's Fitness</i> <b>6:00-7:00</b> <i>Power Twirl</i> <b>7:15-8:00</b>	15 Twirl Fit <b>Adult Ed</b> Newport Elementary School <b>6:00-7:00</b>	16 Twirl Fit <i>Faith's Fitness</i> <b>6:00-7:00</b>	17	18
19 <i>Twirl Dance and Tricks</i> <i>Faith's Fitness</i> <b>6:00-7:00</b>	20 <b>NO CLASS TODAY</b>	21 <b>ZUMBA</b> <i>Faith's Fitness</i> <b>6:00-7:00</b> <i>Power Twirl</i> <b>7:15-8:00</b>	22 <b>NO CLASS TODAY</b>	23 Twirl Fit <i>Faith's Fitness</i> <b>6:00-7:00</b>	24	25
26 <i>Twirl Dance and Tricks</i> <i>Faith's Fitness</i> <b>6:00-7:00</b>	27 Twirl Fit <b>Adult Ed</b> Warsaw Middle School Pittsfield <b>7:00-8:00</b>	28 <b>ZUMBA</b> <i>Faith's Fitness</i> <b>6:00-7:00</b> <i>Power Twirl</i> <b>7:15-8:00</b>	29 Twirl Fit <b>Adult Ed</b> Newport Elementary School <b>6:00-7:00</b>	30 Twirl Fit <i>Faith's Fitness</i> <b>6:00-7:00</b>	MAY 1 <b>Potential WEEKLY??</b> <b>Twirl Kids</b> <b>Faith's Fitness</b> <b>4:00-5:00</b> <b>FEEDBACK NEEDED TO PROCEED</b>	MAY 2

Manda Boyce~ Owner/ Instructor Twirl Hoops 207.266.9293

Faith's Fitness: located in the Newport Plaza next to NEC's. Classes are \$5 each or \$30/month for a Twirl/Zumba membership.

[www.TwirlHoops.com](http://www.TwirlHoops.com) for class descriptions and more information.

[www.Facebook.com/TwirlHoops](http://www.Facebook.com/TwirlHoops) or Join the Zumba group at [Zumba by Manda in Newport](#)

[TwirlHoops@gmail.com](mailto:TwirlHoops@gmail.com)