

Windup

Interval Hoop Training
"Give it a whirl"

**Leislene
Hendrickson**

Certified Hoopnotica Instructor

Members: Free

Non-Members: \$25

Sign up starts 30 minutes
before the class at
the front desk

**Can burn up to 440
calories per hour!**



Saturdays at 12:30

56th Street Location 212.541.7200

110 West 56th Street New York, NY, 10019