

PRESS RELEASE
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Contact:

Granetta Coleman
www.hoopernatural.com
contact@hoopernatural.com
202-276-0517

FREE HOOPING CLASS TO BE OFFERED AT THIS YEAR’S “FITNESS IN THE FRONT”

Remember how much fun you had hula hooping as a kid? Well, thanks to a new fitness trend taking place nationwide, you can now enjoy this favorite childhood pastime while getting in shape at the same time.

HooperNATURAL (www.hoopernatural.com), one of DC’s hoop fitness leaders, will be offering a **free** “Intro to Hooping” class at Fitness in the FRONT at Canal Park on Saturday, May 1st from 11am-12pm. Attendees will learn moves that can increase calorie burn and make hooping endlessly motivating and playful. “Fitness hooping is a fun way to potentially burn 50-100 calories every 10 minutes”, says HooperNATURAL™ founder, Granetta Coleman. “Once you get the hang of waist hooping, you’re on your way.”

About Fitness In the FRONT

Fitness in the FRONT kickoff event (Saturday May 1st) is a day of outdoor fun from 9am-12pm where people can try six free fitness classes, sign up for summer sessions, run/bike clubs, watch demonstrations, and enter drawings. (capitolrivervront.org)

About HooperNATURAL

The goal of HooperNATURAL is to teach everyone how to feel the hoop around them for great fitness benefits while having fun.