

Hula Dancing



Ashley Lopez



Lavy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

Fridays, June 6th-27th
10:30am-11:30am in Studio A
4 week special:
\$40 members; \$80 non-members
Drop in:
\$15 members; \$25 non-members

In this class you will be introduced to the most well-known dances of the Polynesian Islands: Hula and Tahitian. Learn the basics of the beautiful, graceful Hula hands and hips while toning your arms and legs. Then be taken away to the island of Tahiti where you will work up a sweat through fast, sharp hip movements that will also tone your abs. These low-impact dance movements are appropriate for all levels of fitness: you can make it as hard as you want, or modify as you need. Leave your worries behind and come take a vacation to the islands!

Program code: 15hulas08

Registration Information

To register, a program registration form is required.

For more information and to register contact Deborah at 408.357.7440 or deborahr@svjcc.org.