

---

## **'It's like accidental fitness': Hula hoop classes offer good time but tough workout - The Advocate**

['It's like accidental fitness': Hula hoop classes offer good time but tough workout](#) [1] The Advocate  
Clunk. Mona Sevilla just dropped her hula hoop. Again. On the final night of a six-week fitness class, Sevilla, 44, has learned to twirl the hoop around her waist ...

By Admin at Sat, 11/28/2015 - 03:00

---

### **Source**

**URL:**<https://www.cbtf.ca/content/its-accidental-fitness-hula-hoop-classes-offer-good-time-tough-workout-advocate?mini=2025-08&page=140>

### **Links**

[1] [https://www.theadvocate.com/new\\_orleans/entertainment\\_life/health\\_fitness/article\\_18aa83db-f921-5780-95e6-0c44a95d4c70.html](https://www.theadvocate.com/new_orleans/entertainment_life/health_fitness/article_18aa83db-f921-5780-95e6-0c44a95d4c70.html)