

'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 ...

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URL:<https://www.cbtfc.ca/content/its-accidental-fitness-hula-hoop-classes-offer-good-time-tough-workout-advocate?mini=2026-02&page=138>

Links

[1] https://www.theadvocate.com/new_orleans/entertainment_life/health_fitness/article_18aa83db-f921-5780-95e6-0c44a95d4c70.html