

HULA MIX WORKOUT SESSION!!

**WHEN: THURSDAY
NOVEMBER 20, 2025**

7:00PM-8:00PM

FEE: \$25.00 per person

Check or Zelle to 630-561-8243

ALL WELCOME!

The Frisbie Center Dance Room

52 E. Northwest Highway

Des Plaines

If you can move, you can dance!

**Get off your okole and come join in some
good fun - a Mix of Hula, Modern and Freestyle!**

Wear workout clothes!! Bring Water!

Hula Steps, Hula Moves

Modern Motion

Get in the Groove!!!

Join us before the Thanksgiving Holiday

Fun with Friends!!

Name _____

Phone: _____

Email: _____