

Presented by The Barefoot Hawaiian

# HULA MIX WORKOUT

Wear flower  
print clothes!

Thursday, May 28th, 2026  
6:45pm-8:00pm

## Let your spirit bloom!

*May Day is Lei Day-lei around your neck,  
flowers in your hair, flowers on your wrists.*

*Flower Power!*

FRISBIE CENTER-DANCE ROOM  
(soon to be GenCen)

52 E. Northwest Highway, Des Plaines  
(Enter from East Side Door)

### WHAT TO EXPECT:

**NO EXPERIENCE NEEDED  
JUST BRING YOUR ENERGY!**

 A high-energy mix of  
Hula + Modern + Freestyle

 **COST:** \$25 per person  
(pre-paid and non-refundable)

 Fun, upbeat music  
& island vibes

 Zelle to 630-561-8243

 Surprises for  
all participants

 Register by May 22nd, 2026

 Ages 12 and up!

scan for more info!



**Dance like no one is watching  
Hang loose. Be beautiful!**

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