



WELLNESS TIPS

Hoop It Up

by Lisa A. Grimaldi | December 16, 2016



HoopFit -- a fitness class where participants resistance-train with light-up LED hula hoops -- makes a fun and energetic evening activity for groups. Cost: Classes at Well & Being at the [Fairmont Scottsdale Princess](#) start at \$450 for up to 20 attendees.

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