

The Barefoot Hawaiian presents~

HULA MIX WORKOUT

"PUT A "SPRING" IN YOUR STEP & BUNNY HOP OVER!"

THURSDAY, APRIL 30, 2026

6:45PM - 8:00PM

HERE COMES THE SUN!

April showers can't stop the momentum!

FEE \$25.00 PER PERSON- pre-paid and non-refundable

Zelle to 630 - 561- 8243 By APRIL 24, 2026

Mail Checks to P O Box 756, Prospect Heights, IL 60070

*Need five spring chickens to make this happen!

Frisbie Senior Center - Dance Room

52 E. Northwest Highway, Des Plaines

(Enter from East Side Door)

Join in the Fun & Dance!

A Mix of Hula with Modern, Ethnic & Freestyle!

Surprises in store for all participants!

No experience necessary!

GET OFF THE COUCH & COME HAVE SOME GOOD FUN!

"NOTHING HAPPENS 'TIL SOMETHING MOVES!!!"

Mark Twain

Name _____ Phone: _____

Email: _____

The Barefoot Hawaiian, Inc.

P.O. Box 756, Prospect Heights, IL 60070

847/699-7336

barefoothawaiian@sbcglobal.net

DANCE LIKE NOBODY'S WATCHING!!!

HANG LOOSE, BE BEAUTIFUL!

