



**AHC  
AMY IS**

**OFF TO COLLEGE**

Ringling College's lunch-time fun-time includes Hoops!



**WELLNESS  
WEDNESDAY**

Tony Ferro & Dr. Fred Harvey



**NEW CLASSES**

Arlington Park and Woodmere Park



**CLASSES RESUME**

Venetian River Club and Healthfit

# AMY'S HOOP CIRCLE



## September kicks off an exciting month for Amy's Hoop Circle

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**Happy Labor Day** weekend! For those of you in Florida and beyond, be safe as Dorian's path continues to be a big question mark this morning.

My summer travels were just amazing and you can read about the **2019 Summer Hoop Tour** on my website! Just click on the **HOOG** tab. HOOG stands for HOop bLOG! I am honored that so many people came out and hooped with me this summer as I made my way from Florida to

Iowa to once again meet up with my friend Dr. Terry Wahls at the Wahls Seminar and Retreat. Having graduated from high school in Iowa, it's like going home every summer.

**Here are some upcoming highlights of the local area. Find full details on my website by clicking on the Event & Classes tab.**

**Wellness Wednesday** is coming up on Sept 11th here in Osprey, FL. I am hosting this live inspirational evening with my friends Tony Ferro and Dr. Fred

Harvey. Tony is a powerhouse when it comes to tackling MS head-on. Sick and overweight (6x) Tony's solution to feeling better, after researching his options, was actually getting physically fit and eating whole foods. He founded ChangeMS, a non for profit focused on educating people that food matters and food heals. Come hear his story of change! Dr. Fred Harvey was a conventional doctor running through life like many of us, working one end of the day to the next and assisting patients with health challenges. His story includes he personal challenge to heal his back issues without surgery and the struggles he watched cardiac patients doing conventionally prescribed solutions were not getting better.

*You can find a link to this event on my website under Events & Classes and you can also find a link to it on my facebook page. The event is free, so reserve your seat today!*

## ON THE RADIO

Community public radio had me in to chat about my favorite subjects hula hooping and healthy foods. And that conversation was all rooted in my MS diagnosis and how I met Dr. Terry Wahls. You can hear that edited conversation broadcast on KDWRasio - WKDW 97.5 on Wednesday 9/4 this week at noon! It was super fun! Also, a special thank you to Loretta Martin for bringing me in.

## NEW - ARLINGTON PARK in Sarasota

Arlington Park and Amy's Hoop Circle have two new classes on deck for you in Sarasota. Starting in October we have a Hoola-Fit hoop fitness class for you on Monday nights: 6-7 pm. Sign up with me @ [amybradley@icloud.com](mailto:amybradley@icloud.com). Hoop Connections is a Family Hoop class designed for the whole family to have fun. That class is on Tuesday mornings from 9 - 9:45 am. You can attend a free demonstration class for both classes in Sept. For Hoola-Fit - Monday, Sept 30th and for Hoop Connections

## Summer Hoop Tour 2019



The ripple effects of sharing my passion sometimes do trickle back to me. I never know what story I am going to hear, but I do know that sharing stories of food, hooping and healing are so important. Thank you for hooping with me or supporting me during the year's, Summer Hoop Tour.

Family fun class - Tuesdays, Sept 17th and Sept 24th. Come on out and see what the fun is all about. While walk-ins are welcome to the demonstration classes - email me and let me know you are coming. It helps me plan. Rates for October are on my website and listed with Arlington Park's information. Class lists and payments are managed with Amy's Hoop Circle.

## **NEW - WOODMERE PARK in south Venice**

**Jacaranda library** is offer a free Hoola Fit Class on Sept 10th at 11:00 AM To sign up for that class go to the library website.

\* Following that free class, Amy's Hoop Circle is beginning classes on ***Tuesday evenings from 7-8 PM at Woodmere Park*** so you can continue your hooping fitness and fun. The location is building C and hoops will be sitting by the entry door. A monthly rate is offered and a walk in fee is as well. Check out my website for details. To sign up contact me - [amybradley@icloud.com](mailto:amybradley@icloud.com)

## **A NEW SEASON BEGINS IN FAVORITE PLACES**

**HEALTHFIT** has HOOLA-FIT returning beginning in OCT.

2nd and 4th Wednesdays

See you on Oct 9th and Oct 23rd.

This is a members only class.

### **VENETIAN RIVER CLUB**

Hoola Fit is already in full circle with classes on Wed inside from 1-2 PM and Friday AM from 9-10 AM. Currently this class is inside and will move outside as soon as possible.

TRX returns on Thursday mornings from 8-9 AM.

These are members only class.

**SARASOTA COUNTY LIBRARY SYSTEM** continues to provide Amy's Hoop Circle Event programming at various locations. These classes are not set classes but set up by each library individually. Keep tabs on the website for upcoming event classes. I am so grateful for being selected to work with the county library programs.

## **WEBSITE**

The website is currently a work in progress and the **products page** is not fully functional yet. It is getting there and all products can be purchased, you simply need to go old school and call, email or text me and we can get the ball rolling.

The website links to my YouTube Channel and that channel continues to grow with videos about hooping, TRX and of course more ***Stories From the Hoop Circle*** will be appearing.