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Heel Hop: Fashion Meets Fitness & High Heel Safety For A Fun, Sexy, Workout!



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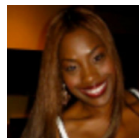


Heel Hop

May 18, 2013

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Lakesha Yvette Walker | [LA Dance Fitness Examiner](#)

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If you'd rather skip the gym for a fun, sexy more stylish option it's time to check out Heel Hop.

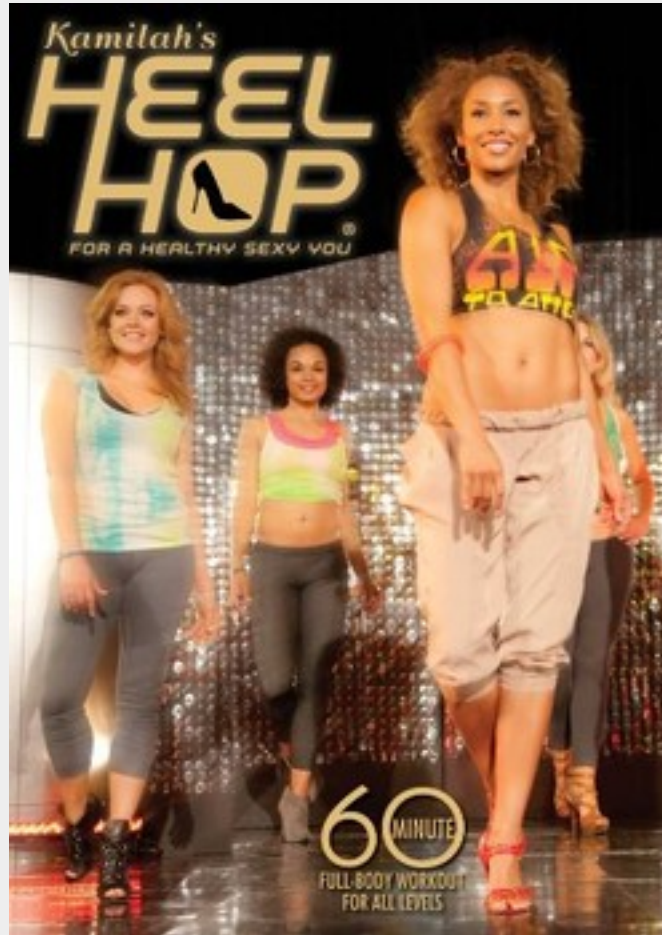
Heel Hop is a 60 minute full body workout that teaches women high heel safety, as well

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Heel Hop

8471 Beverly Blvd. #202, Los Angeles, CA 90048

as how you can use them to burn up to 500 calories an hour, trim your waist and sculpt lean, sexy legs.

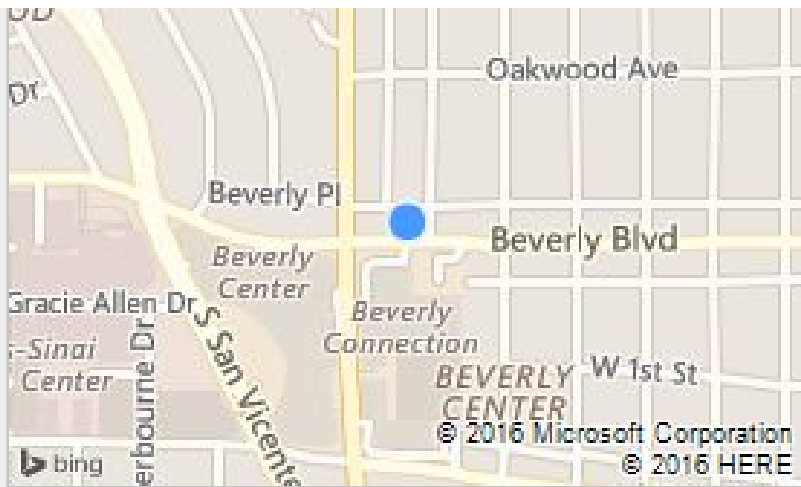
Created by dance and fitness pro **Kamilah Barrett**, she has danced and toured with Prince, been a finalist on "So You Think You Can Dance," coached for MTV's "Made" and starred in videos for R Kelly and 50 Cent.

A warm, welcome teacher, she has also taught the class in Russia and Japan, structuring it so that it is easy to follow and fun!

You start with warm up exercises then core work like push ups, crunches, reverse crunches and pelvic lifts.


From there, it's on to the barre for some barre toning which will work your legs, arms, abs and feet.





8471 Beverly Blvd, Los Angeles, CA 90048

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Each class ends with a floor routine that is a combination of two things.

A chance for you to dance, wind, strut and receive cheers from your classmates, as everyone gets to take one last final walk past the mirror, exuding supreme confidence.

The Heel Hop "walk out" is a great way to end your night and if you're looking to begin or continue any fitness routine, consider this as a beautiful step towards your journey.

HEEL HOP

Tuesday 7:30PM-8:30PM

Thursday 7:30PM-8:30PM

8471 Beverly Blvd, 2nd Floor

Los Angeles, CA 90048

COST:

\$15

BRING:

1. 2 1/2 – 3 inch heels with ankle straps
2. Towel
3. Change of shoes (optional)
4. Exercise Mat (optional)

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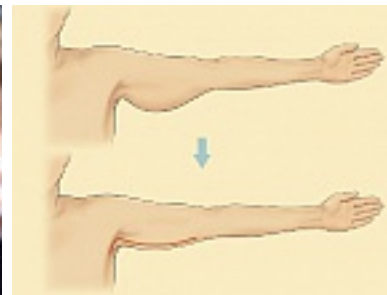
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