

The New Zealand Herald

Fitness Challenge: Hoops of fun for all

By [Rachel Grunwell](#)

9:00 AM Sunday May 19, 2013

Powerhoop class

What is it? A workout with a hoop-like device. Kids can join in, too, using smaller hoops.

What's needed? Your own powerhoop (or hire one), gym gear, water.

The experience: The powerhoop circles my ankles more than my hips at first: I'm hopeless! Or should I say "hoop less". But after 20 minutes, I can twirl the hoop continuously around my torso. Yay!

But then instructor Amy McAuley says "change direction" and it's soooo much harder. Aargh!

I'm "powerhooping" among a dozen women and one girl (who picks it up mighty quick) at a Salvation Army Church hall in Howick.

Standing on the stage before me is Amy McAuley, who says she's the only certified powerhoop instructor in New Zealand. This Scottish lass recently moved here with her Kiwi hubby and kids and brought this new fitness craze with her. She used to teach it at a gym back home.

Amy is a convert to this "fun fitness" and hopes to train instructors nationwide. It's "massive" in the UK where there are 400 powerhoop trainers.

I had thought I might not conquer this challenge; I've got boyish, rather than Beyonce, hips, and I've always sucked at hula hooping. But this new device is weighted and has a wavy inner-surface that helps grip my clothes. So it doesn't take long to get it going.



A fitness craze new to New Zealand, powerhooping, provides a good workout. Photo / Doug Sherring