

## **Powerhoop**

I'll admit I initially felt like a Barbie doll with the latest fashion accessory at Amy McAuley's powerhoop class in Howick. I wondered how my boy-like, rather than Beyonce-like, hips would cope. But circling this hoop-like device around my hips and arms and then sometimes multi-tasking with other exercises while music blasted saw me laugh and laugh. More than a few mature ladies raved about how they had lost inches around their waists.

- Herald on Sunday