

# Hula Hoop For Beginners Starts Monday 29th February



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-250266-z>


Learn to hula hoop with DreamSpin Hoop Dance. The original Hoop Dance Company in Brighton. New Beginner 6 week Courses at The Hanover Community Centre Monday 29th February 6pm Tuesday 1st March 6.15pm £50 for 6 week courses. Have you always believed you couldn't hoop? Well it's all down to the size of the hoop and a simple technique. I will teach you not only how to hoop on the waist, but also fun off body hoop moves that will challenge your mind and body as well as increasing your fitness levels, stamina and toning arms and abs. My beginner courses are fun, friendly and suitable for all levels of fitness. I am a qualified fitness teacher and have almost ten years of hoop dance and hoop performing experience. New Hoop Course Gift Vouchers are available. Find DreamSpin Hoop Dance on facebook for free tutorials. ;

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