

Learn To Hula Hoop - Brighton Hoop Dance Begins Monday 18th April (8.50 GBP)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-291420-z>



Learn to Hoop Dance with DreamSpin Hoop Dance. 6 week course 18th April at The Hanover Community Centre, Brighton BN2 9UD

You will learn how to hoop on your waist and hips (adding in feet and arm movements) and then a whole host of off body moves that will tone upper and lower body and improve your cardio strength. Learn to Hoop with Brighton's longest running Hula Hoop Dance company. Clare has been teaching hoop dance in Brighton since 2008, she is a qualified fitness teacher as well as hoop teacher and.



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