

# FREE Taster Classes Powerhoop and Cardio BLAST Fitness Workout



the **powerhoop** workout



**Fitness...with a 'twist'**

The large diameter makes Powerhoop easy to use, even for beginners. The weight and wavy inner surface slims your waist and strengthens your core muscles.

With regular use, you will be surprised how quickly the results will show:

- ✓ Slimmer waist and stronger core
- ✓ Toned muscles in glutes, hips and thighs
- ✓ Reduced lower back pain and stiffness
- ✓ Improved coordination and balance

Time-table:  
 Mon 7:30 pm Biggin Hill  
 Tue 9:30 am Oxted (outdoors)  
 Wed 8:00 pm Oxted  
 Thurs 11:00 am Biggin Hill (outdoors)

**powerhoop**  
 the original  
[www.powerhoop.com](http://www.powerhoop.com)

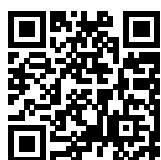
Contact Nicky: E: [getfitwithnicky@gmail.com](mailto:getfitwithnicky@gmail.com) M: 07984 919730

Location **London, London**  
<https://www.freeadsz.co.uk/x-318809-z>

Powerhoop workout using a weighted fitness hoop with combination of hooping and body conditioning manoeuvres. Class members experience weight loss/calorie burn, toned bodies and inch loss around the waist-line, reduced lower back pain, stronger core muscles, slimmer waist, hips, thighs and buttocks and Improved coordination. When you add the benefits to the fact that the class is a lot of fun it is easy to see why Powerhoop is gaining popularity rapidly. Why not come along and see what Powerhoop can do for you? Monday 7:30 pm Biggin Hill Wednesday 8:00 pm Oxted Thursday 11:00 am Biggin Hill. Booking is essential due to limited spaces. Classes normally cost £6 or £20 for a block of 4 weeks. Optional Powerhoop hire available for £1. PLEASE NOTE: Powerhoop classes are not suitable if you are pregnant and it is recommended that you are 3 months post-partum and 6 months post C-section before starting this. All fitness levels catered for and no need to be able to hula-hoop. Cardio BLAST – A high energy 50 minute fitness class that does not require any coordination. Based on circuit style training, this class is designed to improve your cardio-vascular fitness and burn off the calories. Beginning with a warm-up followed by bursts of high intensity exercise stations, ab work, finished off with a cool-down stretch section. Moves can be modified to suit individual requirements. You will do something different every week. A great workout to increase motivation, improve your stamina, fitness levels and weight loss. All fitness levels catered for. Beginners welcome. Taught by a Level 2 qualified fitness instructor. Classes normally £5. Thursday's 10:00 am and Saturday's 11 am (term time only) at Blundell's Biggin Hill Squash Club, Jail Lane (in wet weather) or Biggin Hill Recreation Ground (in dry weather), Contact Nicky on M:07984919730 or E:[email protected] for further.



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