

# POWERHOOP FITNESS CLASS - Fitness with a Weighted Hoop

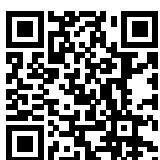


Our customers have  
stronger bodies  
and  
slimmer waists  
.....



Location **London, London**  
<https://www.freeadsz.co.uk/x-318811-z>

Monday's 7:30 pm Biggin Hill Squash Club, Jail Lane. and Thursday's 11:00 am Biggin Hill Rec (if dry weather) and Biggin Hill Squash Club (if wet) The Powerhoop Workout is a 45 minute exercise-to-music class using a weighted fitness hoop with combination of hooping and body conditioning manoeuvres. The class will be divided into different segments with hooping being interspersed with body conditioning exercises for the major muscle groups in both the upper and lower body. Some of the benefits of attending a Powerhoop class are: Weight loss/calorie burn Reduced lower back pain Stronger core muscles Slimmer waist, hips, thighs and buttocks 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. Class members experience weight loss, toned bodies and inch loss around the waist-line. Why not come along and see what Powerhoop can do for you? Booking is essential due to limited spaces. Contact Nicky on 07984919730 or [email protected] to book or to ask any questions. Classes cost £6 or £20 for a block of 4 weeks. Optional hoop hire available for £1 PLEASE NOTE: This class is 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 classes. All fitness levels catered for and no need to be able to hula-hoop. Contact Nicky on 07984919730 for further.



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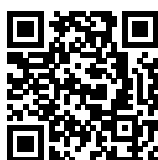
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