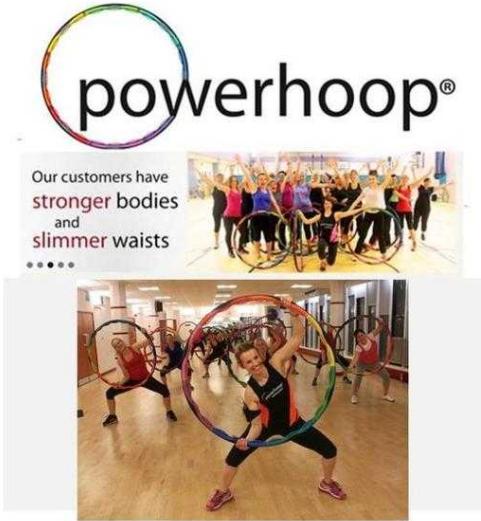


## POWERHOOP FITNESS CLASS - Fitness with a Weighted Hoop



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.

CLASS	POWERHOOP	FITNESS	HOOP
Weighted	CLASS - Fitness with a Hoop	<a href="https://www.freedadsz.co.uk/x-31888">https://www.freedadsz.co.uk/x-31888</a>	11-Z
11-Z	<a href="https://www.freedadsz.co.uk/x-31888">https://www.freedadsz.co.uk/x-31888</a>	CLASS - Fitness with a Hoop	Weighted

A large QR code is positioned at the top of the page. Below it, the text 'POWERHOOP FITNESS' is written vertically. To the left of the QR code, the words 'CLASS - Fitness with a Hoop' are displayed vertically. To the right of the QR code, the text 'POWERHOOP FITNESS' is written vertically, followed by 'CLASS - Fitness with a Hoop' and 'Weighted' below it. The URL 'https://www.freedsz.co.uk/x-3188811-z' is centered at the bottom of the page.

CLASS - Fitness with a Hoop  
Weighted

<https://www.freedadsz.co.uk/x-3188>

A QR code is located at the top of the page, with the URL <https://www.freeadsz.co.uk/x-318811-z> written below it in a smaller font.

A QR code is located in the top left corner of the page. To its right, the product name 'POWERHOOP CLASS - Fitness with a Hoop Weighted' is displayed vertically, followed by the URL 'https://www.freeads.co.uk/x-31881' and the text '11-2'.

POWERHOOP FITNESS  
CLASS - Fitness with a Hoop  
<https://www.freeads2.co.uk/x-31888>



POWERHOOP FITNESS  
CLASS - Fitness with a  
Weighted Hoop

<http://www.powerhoop.com>

A QR code is located at the top of the page, with the URL <https://www.freedadsz.co.uk/x-31881> written vertically below it.

A QR code is located at the top left of the page. To its right, the text 'https://www.freedsz.co.uk/x-31888' is displayed in a large, bold, black font. Below the QR code, the text 'CLASS - Fitness with a Hoop' is written in a smaller, black font, with 'CLASS' on the top line, a dash in the middle, 'Fitness' on the second line, 'with' on the third line, and 'a Hoop' on the fourth line.