

Hula Hoop For Beginners - Starts Monday 20th June (8.50 GBP)



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-372062-z>

Learn to Hoop Dance with DreamSpin Hoop Dance.

6 week course Monday Nights

Starts 6pm - 20th June 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. Hula Hoops are provided, the class is low impact with high cardio and muscle strengthening moves. Friendly, non competitive classes that will challenge your body and mind in a fun way. Hoop dance is also a great way to de-stress and forget your worries.

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 performer with Brighton circus "Shambolic"



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