











# Hula Hoop For Beginners Course 24th October



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-439649-z>

Mondays 6-7pm  
 The Hanover Community Centre, BN2 9UD  
 Starts 24th October - 6 week course 6 weeks - £50 Please note this is a course not a drop in. You will learn how to hoop on your waist in both directions and then how to take your hoop off your body and into some fun, impressive circus style moves. Suitable for complete beginners, to refreshers for the unfit and the very fit ages 12-65. Under 15's to be accompanied. Hula Hoops are provided, the class is low impact with high cardio and muscle strengthening moves. A friendly and non competitive activity 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 SideShow". ;

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