

# Improvers Hoop Dance - 21st September 6.15pm



**NEW HULA HOOP COURSES**

Beginners - Monday 11th Sept 6pm

Intermediate - Tuesday 12th Sept 6.15pm

Improvers - Thursday 21st Sept 6.15pm

**Dreamspinhoop.com**

**DREAMSPIN HOOP DANCE**

Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-548307-z>

Weekly Improvers Class

At St Lukes Church Hall, Queens Park Road

This is a 6 week course cost £54

Starting 21st September 6.15pm

Improve your hoop skills. If you have been hooping for several months and would like to learn more complex moves and flow, how to hoop on your chest, elbows, learn body rolls - then this is the course for you!

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 original and longest running Hula Hoop Dance company. Clare has been teaching hoop dance in Brighton since 2008, she is a fitness industry qualified teacher as well as highly experienced hoop teacher and a performer with Brighton circus, Shambolic SideShow.

Gift Vouchers are available - Hoop Classes are a great gift for anyone interested in a new and fun way to.

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