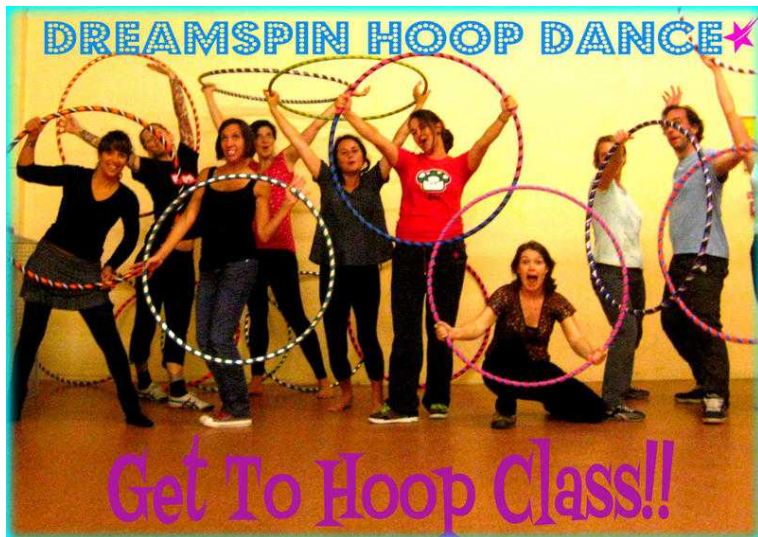


Learn to Hula Hoop Beginners Workshop 21st January



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-567278-z>



Sunday 21st January 12-2pm

The Hanover Community Centre, BN2 9UD

Learn to Hula Hoop in this fun 2 hour workshop. £25

Gift Vouchers Available. Watch the video to see the kind of moves you will learn!

Learn how to hoop on your waist in both directions and how to lift 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.

DreamSpin Hoop Dance is Brighton's original Hula Hoop Dance Company - learn from a qualified and highly experienced.



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