











# powerhoop fitness exercise classes joydens wood community centre thursdays 6.45pm



Location **South East, Kent**  
<https://www.freeadsz.co.uk/x-163259-z>

powerhoop fitness exercise classes joyden's wood community centre thursdays 6.45pm, Burn lots of calories and slim the waist fast with this exciting and fun exercise class! Powerhoops are weighted hula hoops and the weight allows anyone to keep the hoop twirling. The waistline is a problem for many people and it is one of the first points of our bodies that we gain weight, and one of the hardest points to shift the weight. Powerhoop slims the waist fast without being too strenuous and studies have proven that you can lose a significant amount of weight from powerhooping! We incorporate games, routines and also upper and lower body strengthening exercises into the class and its a very social environment where you can go at your own pace and we work as a team to encourage and support one another with plenty of smiles and laughter throughout! all classes MUST be booked due to limited spaces, by contacting either Rianna on 07855023279 or Jess on 07746082182 classes are £5 + £1 hoop hire, if you have your own powerhoop you are welcome to bring it and class will only be £5. We also sell the hoops at a discounted rate of £45 for the standard hoop and £55 for the deluxe full timetable: Monday 6.45pm Farningham Village Hall Monday 6.45pm Istead Rise Memorial Hall Monday 8pm British Legion Hall, Devon Road, South Darenth Monday 8pm Fleetdown Community Centre, Dartford Tuesday 6.10pm Zumba at Viewpoint Club, Gravesend Tuesday 8.15pm Dartford Grammar Girls School Wednesday 6.30pm Meopham Village Hall Thursday 6.45pm Joyden's Wood Community Centre ALSO VISIT OUR FACEBOOK PAGE! POWERHOOP KENT, Dartford,.

07855023279

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