

FREE Taster Classes Powerhoop and Cardio BLAST Fitness Workout



the **powerhoop** workout



The large diameter makes Powerhoop easy to use, even for beginners. The weight and wavy inner surface slims your waist and strengthens your core muscles.

- With regular use, you will be surprised how quickly the results will show:
- ✓ Slimmer waist and stronger core
 - ✓ Toned muscles in glutes, hips and thighs
 - ✓ Reduced lower back pain and stiffness
 - ✓ Improved coordination and balance

Time-table:











Mon 7:30 pm Biggin Hill
 Tue 9:30 am Oxted (outdoors)
 Wed 8:00 pm Oxted
 Thurs 11:00 am Biggin Hill (outdoors)



Contact Nicky: E: getitwithnicky@gmail.com M: 07984 919730

Location **London, London**
<https://www.freeadsz.co.uk/x-318809-z>

Powerhoop workout using a weighted fitness hoop with combination of hooping and body conditioning manoeuvres. Class members experience weight loss/calorie burn, toned bodies and inch loss around the waist-line, reduced lower back pain, stronger core muscles, slimmer waist, hips, thighs and buttocks and Improved coordination. When you add the benefits to the fact that the class is a lot of fun it is easy to see why Powerhoop is gaining popularity rapidly. Why not come along and see what Powerhoop can do for you? Monday 7:30 pm Biggin Hill Wednesday 8:00 pm Oxted Thursday 11:00 am Biggin Hill. Booking is essential due to limited spaces. Classes normally cost £6 or £20 for a block of 4 weeks. Optional Powerhoop hire available for £1. PLEASE NOTE: Powerhoop classes are not suitable if you are pregnant and it is recommended that you are 3 months post-partum and 6 months post C-section before starting this. All fitness levels catered for and no need to be able to hula-hoop. Cardio BLAST – A high energy 50 minute fitness class that does not require any coordination. Based on circuit style training, this class is designed to improve your cardio-vascular fitness and burn off the calories. Beginning with a warm-up followed by bursts of high intensity exercise stations, ab work, finished off with a cool-down stretch section. Moves can be modified to suit individual requirements. You will do something different every week. A great workout to increase motivation, improve your stamina, fitness levels and weight loss. All fitness levels catered for. Beginners welcome. Taught by a Level 2 qualified fitness instructor. Classes normally £5. Thursday's 10:00 am and Saturday's 11 am (term time only) at Blundell's Biggin Hill Squash Club, Jail Lane (in wet weather) or Biggin Hill Recreation Ground (in dry weather), Contact Nicky on M:07984919730 or E: for further.

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