

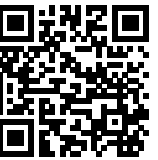
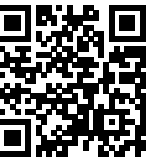
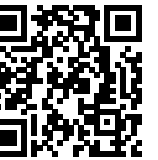



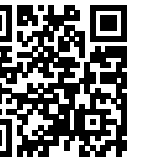



# Hula Hoop For Beginners Workshop 30th July 12-2pm



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-394137-z>

Venue: St Martins Hall, Lewes Road, Brighton BN2 3HQ Time: 12-2pm Cost: £20 adults £15 under 16's Suitable for ages 10-65 and all fitness levels. 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 10-65. 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 Birghton circus "Shambolic SideShow". ;

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