











# Hula Hoop - Improvers Starts Tuesday 13th September



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-405550-z>

Tuesdays 6.15pm-7.15pm  
 The Hanover Community Centre, Brighton BN2 9UD  
 Starts 13th September 6 week course £50 Advancing your beginner hoop experience with more fun, exciting moves and tricks, such as body rolls and wraps, chest and knee hooping. Learn how to transition and flow with your hoop. Suitable for those who have been hooping for several months. 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 Brighton circus "Shambolic SideShow". ;

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