



Hula Hoop Fit

Your chance to 'Wind up your waist' in this specially designed Hula Hoop Fitness class!

You will learn basic hula hooping techniques and also use the hoop as a prop in new and interesting ways to help you get a full body workout.

Our Hula Hoops are specially made for fitness purposes as they are extra large and heavier making them much easier to use for beginners!

This class is a fun and unusual way to work up a sweat and engage those core muscles!

Contact Lucy on 07950 702 165 to book your space!