



# Power Hooping

# WLEA

## Date

Thursday 26<sup>th</sup> April  
- to -  
Thursday 9<sup>h</sup> August  
(15 Wks)  
12:30pm – 2:30pm

Chapel Park Community Centre  
St Leonards Baptist Church  
Chapel Park Road  
St Leonards-on-Sea  
TN37 6HR

## Fee

FREE on qualifying benefits

## To enrol contact

Ann (Manager)  
01424 714095

Learn this fun exercise routine which uses specially designed hula hoops for a strong workout with our qualified instructor.

Powerhooping has been shown to help achieve a slimmer waistline and hips.

This is a women only group  
All ages welcome

