



HULA HOOP CARDIO CLASSES, BEGINNERS & CONTINUERS COURSES BUCKINGHAMSHIRE

"Gem has a lovely motivating teaching style – you really believe you can learn to do anything with the hoop. She helps everyone individually and tailors her classes and choreography accordingly. I recommend you try Gems class – and enjoy exercise, music, laughter and a new skill". - D.Standish

"Hoop is fun but it is also a fantastic cardio workout, slow waist hooping was meditative and peaceful, very lovely. I am using my hoop at home, thank you for an inspiring first course, am looking forward to your drop in sessions over the Summer! And we loved the music, thank you so much for playing some of our requested tracks!" - S. Akthar



Benefits of Hooping:

- Increases flexibility & Improves hand-eye co-ordination
- High energy – Low impact Cardio workout
- Burns around 420 calories an hour
- Works on your core strength
- Great for Meditation & Mindfulness and stress relief
- Exercises your laughter muscles and let's your inner child run wild
- Good for self-esteem and boosting confidence

CLASS TIMETABLE (MORE CLASSES LAUNCHING SOON!)

	Location	Time	Start Date	Class Type	Spaces	Cost
Mon	Amersham School, Stanley Hill, Amersham	8 – 9pm	29 th August	6-Week Beginners	10 - 12	£48 (£8 per session)
Tues	Venue tbc	Tbc	Coming soon	Continuers skills & tricks	Tbc	£48 (£8 per session)
Weds	New Mill Baptist Church, New Road, Tring	7.30-8.30pm	31 st August	6-Week Beginners	10-12	£48 (£8 per session)
Thurs	Venue tbc	Tbc	Coming soon	6-Week Beginners	Tbc	£48 (£8 per session)
Fri	Venue tbc	Tbc	Coming soon	Cardio Hoop	Tbc	£10 per session
Sat	The Bagnall Centre, 71-79 Waterside, Chesham	9 – 10 am	3 rd September	Kids Hoop Fun	9	£8 per session
Sat	The Bagnall Centre, 71-79 Waterside, Chesham	10 – 11 am	Running	Cardio Hoop	9	£10 per session
Sun	Town Hall, Chesham	10.30 – 11.30 am	Coming soon	Kids Hoop Fun	14	£8 per session

Please note, for the 6-week beginner's course & continuers course, payment is payable up front for the course as I can't accept any new people after the first session as the course takes you through a serious of tricks, skills and routines.

All other classes are pay-as-you go but you MUST BOOK as there are limited spaces. If you would like to book a class, please email gemma@gemmajohnson.co.uk or text: 07515 42 40 40 for your registration form.

Have you liked our [Facebook Page](#) Come and join our hooping community. **We'd love to see you!**