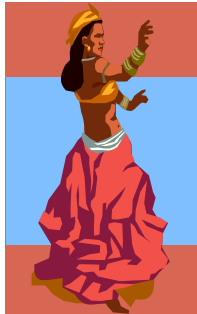


Learn the wonderful art of...

# Belly Dancing



**Every Thursday**

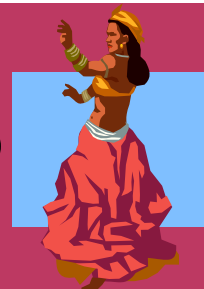
**9:30-10:30am**

**Cost is \$8.00 per class**

Students will learn the fundamentals of belly dancing movement, basic posture, and body isolations. This is a low-impact form of exercise for all body types that will improve strength, flexibility, coordination, and self-esteem. Belly dance is a great way to exercise and have fun at the same time.

No dance experience required!

All participants must have a Recreation Center Membership prior to taking the class.



Contact the Rec Center (458-2977) or the instructor Nazneen (nazneen61@yahoo.com) with any questions.