

Belly Dancing



Belly dancing is for ALL women! All ages, sizes, and fitness levels are welcomed.

Classes focus on executing fundamental movements and combinations, improving balance and flexibility, learning musicality, and discovering different styles. Belly dancing is so much fun, it doesn't even feel like exercise, but it's a great, low-impact way to incinerate calories!

It's so safe that *FIT PREGNANCY* lists it in their top 5 workouts for expecting mothers! Build self-esteem, release stress, and make new friends. No prior dance experience is necessary.

Attire: Yoga pants and tank top. Bring a yoga mat if you have one.

CC DANCE STUDIO

Winter Session

Program #	Age	Day	Dates	Time	Fee
305253-01	16+	TH	1/19 – 2/23	7:30-8:30P	\$59/\$74

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