

Belly Dancing

the art with **SHAPELY** result

Whether your intention is for **FUN**, **FITNESS**, or future **PERFORMING**, you will be introduced to a new world of thinking and moving with Belly Dance. Learn to dance. Meet new friends. Laugh, exercise, and make memories.

Belly Dancing lessons are back! Rosemary San Nicholas will begin her cabaret-style classes and you will be able to expose yourself to the proper execution and technique of movements such as slides, circles, figure eights, shimmies, pops and locks, undulations and hip work. You will also be introduced to arm and foot positions, counting music, basic combinations, and cultural and musical understandings of Egyptian/Oriental Dance and get the opportunity to learn choreography.

Sign up NOW!

CLASSES:

Begin September 13, 2011 from 7:00 p.m.–8:00p.m.

every Tuesday for six weeks **at the Rec Plex.**

Cost: \$60 for members and \$75 for non members.

For more information, please contact:

Mike Prociuk at prociuk@nova.edu.

To register, please call (954) 262-7301.