



# Belly Dance Classes

with  
Patrice

Instructor and Performer

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## Who can take the classes? Is my belly too big?

Belly dancing is suitable for adults of any shape, size, and age. It is a culturally spirited dance that celebrates the curvaceous form of all shapes and sizes of women. Dancers often find acceptance of their own body images as they learn to move in ways that are flattering. Belly dancing is a very self-affirming art form.

## How old do I have to be to take the classes?

Dancers should be at least 15 years old. There is no upper age limit.

## Do I need dance experience for the beginner level classes?

No prior dance experience is required. Beginner level classes are a great way to get started even if you've never taken a dance class.

## How are the classes structured?

The classes include: warm-up, technique, choreography, and cool-down. Emphasis is placed on posture, hip and arm movements, and upper and lower body isolations, which are the movements that give belly dancing its unique look.

## What to wear?

Dancers should wear comfortable, close-fitting clothing that permits viewing of body movements. It is also recommended that dancers wear something around the hips to make hip movements visible. A scarf, belt, shawl, short beach sarong, coin skirt, or fringed skirt works well for this purpose. Dancers may take the class in bare feet, socks, or ballet slippers. Tennis shoes are not recommended.

## What is a coin skirt or hip scarf?

A coin skirt or hip scarf is specially made for belly dance practice and costuming. It is best to see one to learn how to choose a good quality skirt or scarf. For more information, you may call Patrice or visit a store that sells them. One store that carries belly dance outfits is Dancer in Clinton, Maryland (301) 856-2144.

## Where are the classes held, and how do I register?

These classes are held at Breakthrough Fitness, 6247 Crain Highway, Upper Marlboro, Maryland 20772. Register online at [www.breakthroughfitness.com](http://www.breakthroughfitness.com). To pay by check, please make your check or money order payable to Breakthrough Fitness. Write "Belly Dance Class," the day you are registering for, and your phone number on it. Mail your tuition to Breakthrough Fitness at their address above. Please write "Attention Patrice" on the envelope. Sorry, no refunds or credits. For more information, you may call Patrice at (301) 390-0590 or Breakthrough Fitness at (301) 627-7000. Happy shimmies and dancing!