



# Belly Dance Classes

A culturally spirited dance class, with no prior dance experience required. Includes warm-up, cardio fitness, technique, choreography, and cool-down. Emphasis on posture, hip and arm movements, and upper and lower body isolations. Suitable for adults of any size, shape, and age.

## 8 Week Class Session

Saturdays from 10:30-11:30 AM

January 30—March 20, 2010

\$104 for the 8-week class

Register Online at [www.breakthroughfitness.com](http://www.breakthroughfitness.com)