Belly Dance

Belly Dancing for Art & Exercise will keep you slim and trim. It is aerobic and tones muscles you never knew you had. You will learn to shimmy and vibrate your hips, snake your arms, and undulate your torso, flutter your tummy, and master the art of playing finger cymbals as you listen to exotic music. Best of all, Belly Dancing was created for women by women and is natural to do. So do something new and exciting, shimmy into shape while you increase your cultural awareness! You will learn basic belly dance movements and isolations, dance routines, to dance with a veil, and more.\$9 drop in fee. Instructor: Mary Stewart

CLASS#	LOC AGE DATES	DAY TOME #CLSS	\$(RES/NR)
Beginner	2		
311952-01	CRC 15+ 1/8-1/29	W 8-9pm 4	\$32/\$35.50
311952-02	CRC 15+ 2/5-2/26	W 8-9pm 4	\$32/\$35.50
311952-03	CRC 15+ 3/5-3/26	W 8-9pm 4	\$32/\$35.50
411952-01	CRC 15+ 4/2-4/30	W 8-9pm 5	\$40/\$44
Intermediate			
311950-01	CRC 15+ 1/8-1/29	W 7-8pm 4	\$32/\$35.50
311950-02	CRC 15+ 2/5-2/26	W 7-8pm 4	\$32/\$35.50
311950-03	CRC 15+ 3/5-3/26	W 7-8pm 4	\$32/\$35.50
411950-01	CRC 15+ 4/2-4/30	W 7-8pm 5	\$40/\$44

Aerobic Exercise



1610 E. Crosby Road, Carrollton, Texas 75006 ~ 972-466-9810