

Starting this Spring, here at
American Athletic

Bellydance 101

Classes for beginners

In which you will learn

- * Basic moves
- * Egyptian (classic and modern) style
- * "Cabaret" style
- * Middle Eastern traditions and culture
- * Arabic vocabulary (terms and concepts)
- * Personalized attention from the instructor
- * Includes music CD and written theory

Enjoy the many benefits from this mesmerizing dance art, such as * muscle toning and flexibility * a more feminine and beautiful body shape * better posture * weight loss * spectacular abs and waist! * plus spiritual benefits like great self steam and assurance =)



*Classes given by JOHANA VANESSA
Bellydancer and Foreign Affairs specialist*

FOR MORE INFO AND CLASS HOURS, ASK AT THE
FRONT DESK