BELLY DANCING FOR BEGINNERS

Unveil the mystery of this beautiful and artistic dance. Learn the fundamentals of belly dance movements from fast hip-work, shimmies, and locks to slow serpentine snake arms, camels, belly rolls, figure eights, and more. Develop poise and gain a more toned and fluid body in a small supportive group class.

- Dancers of all shapes, sizes, and backgrounds are welcome.
- Open to women ages 16+.
- No prior experience is necessary.

Please wear comfortable workout attire. You may wear no shoes during the class OR soft-soled ballet slippers OR soft-soled dance shoes.

Schedule:
- Wednesdays from 6:00 pm—7:30 pm
- Starting September 16 - November 4

Cost:
- $90 for 8 Weeks
- Accepted Payments: Checks, money orders, credit or debit cards. (No cash)

Pre-registration required. Deadline is Sept 14.

TO REGISTER AND PAY:
Administration Building (#2), Room 101

FOR QUESTIONS:
(617) 933-7410 | LHagen@rcc.mass.edu

REGISTER TODAY!