



More than Fitness... It's a Way of Life!

Introduction to Belly Dancing

with Andrea Blinn

Sat September 16th 12-1:30pm Group x studio 1

Belly dancing is an expressive art form that celebrates the feminine body through uniquely designed movements. The movements are characterized by intricate body isolations with a main emphasis on the hips and torso. However, the entire body gets a full low impact workout. The movements will help stretch and tone your body, increase your stamina, body control, and awareness. Belly dancing is for all body shapes and cultural backgrounds.

Wear comfortable workout clothing, hip scarves will be provided for use.

No dance experience required



Platinum Member \$15 WC Member \$20 Non Member \$30

Please Enroll at Front Desk 781-337-4600