

# BellyDancing

**Saturday**

**October 1<sup>st</sup>, 15<sup>th</sup>, & 29<sup>th</sup>**

**11:15am-12:15pm**

**Studio B**

**Members: FREE!!**

**Nonmembers: Guest Pass Fee**

This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you build necessary strength! This class is drop in friendly!



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[www.courtsplus.org/group-exercise](http://www.courtsplus.org/group-exercise)