

Belly Dance

WITH **TAHIA**

*Move to the classical
music of the 'Golden Era'*

Performing Arts Center Rehearsal Room

Mondays starting February 3

Beginner 11:15 a.m.

Intermediate 12:15 p.m.

Dance as if you were a performer and learn:

- Graceful, fluid and dynamic movements
- Gentle isolations to create flexibility
- Steps and phrases derived from folk/village dances to present-day pop music and social dancing

Use a veil to work out your upper body
and to learn to travel!

No dance experience necessary for this
head-to-toe workout—go at your own pace.


Create joy, laughter and connection through dance!


First class is free • \$35 for five classes

Purchase a punch card from the Recreation office or
Performing Arts Center office

Credit/check only; credit/debit card fees apply.

RECREATION@VMSINC.ORG



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