

DANCE

Women's Bellydance

Bellydance is a feminine, sensuous, ancient dance from the Middle East and North Africa that builds confidence and is a fun form of exercise. Each class will begin with stretching and muscle isolation. As muscle tone and stamina increases, more moves will be added and grouped together. Wear loose clothing for all classes and bring a rectangular or triangular scarf to tie around your hips. BEG is for students who are new to bellydance, and INT/ADV students must have instructor approval. Mahasin (BEG) has four years of bellydance experience and performs with the Maidens of Mystery troupe. Kaliqa (INT and ADV) has taught bellydance since 1985 and is the Maidens of Mystery troupe director. (8 meetings)

BEG	Jan 11-Feb 8*	M/W	6-7 pm	
	Feb 10-Mar 10*	M/W	6-7 pm	Cost/\$36
ADV	Jan 11-Feb 8*	M/W	7:15-8:30 pm	
	Feb 10-Mar 10*	M/W	7:15-8:30 pm	Cost/\$39

* No class Jan 18 & Feb 15

Line Dancing

Learn basic line dance movements and dance floor etiquette followed by intermediate and advanced steps that are high energy. Class will consist of demonstration with music and step-by-step instruction. Students will get plenty of dance practice in order to master steps. Luther DeWalt has been line dancing since 1987 and teaching line dance since 2003. (4 meetings)

Jan 19-28	T/TH	7-8:30 pm	Cost/\$23
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Salsa & Merengue

Get your Latin groove on by learning these two dance favorites! Salsa is a fast paced dance that gets you moving to the rhythm and beat of music. Merengue is a sensuous dance in which the upper body is kept majestic and turns are slow. Please wear heels (ladies) or dress shoes (gentlemen). Jeannette Madayag has danced with different ethnic groups for more than 20 years. (4 meetings)

Feb 2-11	T/TH	7-9 pm	Cost/\$31
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