

6 Week Session

Thursday, August 16 - September 20th

6:30 - 7:30 pm

Held at the Goose Creek Community Center

Ages 13 & up

Does your workout need a little shaking up!
This ancient art is the newest way to burn calories.
Belly Dancing is a recreational activity and works all major parts of the body at a low impact pace.

Beginner dancers find that they can work at their own pace and still feel the effects that are liberating, loosening and strengthening to the body.



Cost For 6 Week Session:

\$55R/\$60NR or Pay \$10 a class

Students should wear loose comfortable clothes and be prepared to take their shoes off.

Shimmy into shape!



Instructor Anna Houchin. Anna has been actively dancing for over 10 years. She has studied many forms of belly dance including Romani, Tribal, and Egyptian Cabaret.