

# Ladies Dance Classes

## Ladies Figure 8 dance class:

Learn self confidence and body awareness as you gain strength and flexibility. We will use various types of music with movements from several dance styles to work on coordination and balance. Elements from ballet, bellydance, and several types of folkloric dance drive this beginner level class. We will also work with veils this session. Practice veils are available for use in class. The class is slightly cardiac, and open to all ages, shapes and sizes. An open attitude, and a smile are the most important things to bring to class. Wear yoga style exercise clothes and a coin hip scarf if you like. You may dance barefoot or in flat dancing shoes such as ballet flats. No athletic sneakers or hard soled shoes.

**6 week session: Wednesdays 6 – 7 pm at the Casey Community Center**

- **January 10th - February 21st (no class 2/14)**

\$55.00 – GC residents

\$60.00 – Non GC residents

\$10.00 - Pay by the class



**Instructor:** Donna (Esabeau) Dantzer. Donna has been dancing for over ten years and has studied with multiple local, national and international instructors in belly dance and folkloric dance.



For more information call the Casey Community Center at 572-1321,  
the Goose Creek Community Center at 569-4242 or visit  
[www.goosecreekrecreation.com](http://www.goosecreekrecreation.com)