

BELLY DANCE CLASSES

with
MALIA

Wednesdays
STARTS JAN 11TH

DAYTIME

Mixed Level workout 12:30pm - 1:30pm

EVENING

Beginners 6:30pm - 7:30pm
Intermediate 7:45pm - 8:45pm

Every Womans Health Club
611 Jefferson Ave., Redwood City

REGISTER at front desk or CALL 650-364-9194

Belly Dance has emerged as a favorite new workout trend according to the American Council on Exercise. Though it is an aerobic and energetic form of exercise, Belly Dance is very low impact and gentle on the joints. Known in most parts of the world as "Danse Orientale", Belly Dance, has its roots in places such as Egypt, Morocco, Lebanon Turkey, Spain and even Russia. Erroneously considered historically as a dance of seduction, Belly Dance though sensuous, is actually a form of joyful expression. In the Middle East, Belly Dance is performed at joyous occasions like weddings, births, community festivals and other events which brought people together to celebrate. It is a dance that women, children and men do for fun, not just a "performance" to entertain an audience. Today Belly Dance is gaining popularity and Belly Dance classes can be found in almost every city large or small all over the United States. **Malia DeFelice** has been teaching Belly Dance to women in the Bay Area for decades. Classes begin with a warm-up stretch. Traditional movement vocabulary is taught in every class. **What to Wear to Class** : Please wear clothing that does not restrict movement in the waist area or legs. Sweat pants or yoga pants and a tee shirt or tank top are perfect for Belly Dance. Shoes are generally not worn, but ballet or martial arts slippers are an option to going barefoot. As always, bring something to wear on your hips a hip scarf with coins or fringe or sash is encouraged and will help you learn the movements.

for more information:

Contact Malia

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<http://www.bellydancer.net>

