

BELLY DANCE CLASSES

**Tuesday Nights
8:00pm - 9:00pm
2012 DATES!**

Jan 10 - Feb 14

Feb 21 - Mar 27

Belly Dance Moves and Grooves

Register at front desk or online

<http://www.redwoodcity.org/sdi/registrationmain.sdi>
Classes held at Red Morton Center, 1120 Roosevelt Ave., Redwood
City 94061 AEROBICS ROOM

Learn Basic steps of Belly Dance and more with **Malia DeFelice**.
This Class is **APPROPRIATE FOR BEGINNERS** with no previous dance
experience or for those returning students wanting to increase
their dance skills.

Through Malia's format, steps are clearly and precisely broken
down so the student can advance proficiently and quickly. Malia
shows how to stretch and strengthen the muscles of the body in
order to gain flexibility and stamina while dancing to fun,
evocative, soulful music. The student will learn how to interpret
the music and how to put steps and step combinations together to
create unique choreography.

Malia DeFelice has taught Belly dance to women of all ages,
shapes and sizes for decades. Her classes range from beginner
level all the way through advanced levels for the teaching or
performing professional.

Belly Dance is a wonderful way to exercise, get fit and have fun!



for more information contact Malia:
Email: malia@bellydancer.net website:
www.bellydancer.net

