

City of Wayne Parks and Recreation  
4635 Howe Rd  
Wayne, MI 48184

(734)721-7400



# Beginner Belly Dance

with Abida Blaze

**Free Trial Class September 13, 2010**

**Level 1 8:00pm - 9:00pm**

**Level 2 9:00pm - 10:00pm**

Register during the trial lesson and get a free CD or \$5.00 off any coin scarf!



**Class Runs Every Monday from September 20 - November 1, 2010**

Level 1 8:00 - 9:00pm- Will cover the basic movements and isolations, and end with a choreographed dance.

Level 2 9:00 - 10:00pm- Will include slightly more difficult movements and variations, beginning floor work, and end

with



**\$40.00 For each class or  
register for both at \$75.00**

**Location: Recreation & Exercise Club: Studio B**

You will get a muscle-toning workout that increases flexibility, posture, and confidence.

Ladies 16 and Up - Join Us To Learn The Exciting Art of Belly Dance

Wear comfortable, form fitting clothes and bring a bottle of water.

Register at [www.blazingbellydance.com](http://www.blazingbellydance.com) or in person during trial lesson.

Any questions please contact Abida at

[abida\\_blaze@yahoo.com](mailto:abida_blaze@yahoo.com)