

Belly Dancing

**"Free Your Hips and
Your Mind Will Follow"**

Come learn the ancient art of Belly Dancing, suitable for all shapes, sizes, and activity levels. This class will improve on flexibility and conditioning the body in order to do the movements properly while building stamina.

In beginner Belly Dancing you will be introduced to the fundamentals of these choreographed dances. We will also go over basic veil movements and teach you how to dance with your veil gracefully.

Wear cool, loose clothing as we do warm-up exercises dance shoes or socks with grips on the bottom. Hip scarves are optional. Limited coin belts on site for those to wear during class.

**"Come dance with us and...
Unleash the joy within"**

**Beginning Belly Dance Class
Friday's – 3:00 pm to 4:30 pm**

**Beginning and Advance Class
Saturday's – 11:30 am to 12:30 pm**

FREE to Participants 55 +

Classes are held at the

**Hamlet Senior Center
102 Veterans Drive
Hamlet, NC 28345
(910) 582-7985**

