

Belly Dance

**Winter
6 week
Session**

Beginner

**Thursday 8:00-9:00pm
Begins January 19**

Join Professional Dancer Dena Stevens for a fun program of inspirational belly dancing. Tone and tighten your abdominals, hips and thighs, while releasing your inner goddess. Keep active while having fun and feeling good about yourself! Learn from an expert how dancing enhances your well being.

Open to members and nonmembers.

No previous dance experience necessary . No special costumes or shoes! JUST FUN!

Program meets once a week for 6 weeks.



*Professional Dancer
Dena Stevens*

**Register for all
6 weeks or
drop in as
your schedule allows!**

**FUN
FUN
FUN**

Spa 23
Health & Racquet Club

381 Rt 23 Pompton Plains, NJ
973-839-8823 www.Spa23.com



**Cost:
VIP Members: \$59
Nonmembers \$79**

**Drop in Fee:
VIP Member \$12
Nonmember \$15**