

Belly Dance

Upcoming Mini-Sessions

Wednesday 7:45-8:45pm
Meets 5 weeks:

Session One

7/21, 7/28, 8/4, 8/11 & 8/18

Session Two

9/8, 9/15, 9/22, 9/29 & 10/6

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 for beginner class.

**Program meets
once a week for 5 weeks.**



Professional Dancer Dena Stevens

**FUN
FUN
FUN**

Spa 23
Health & Racquet Club

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



Register for all 5 weeks or drop in as your schedule allows!

Cost:

VIP Members: \$49

Nonmembers \$65

Drop in Fee:

VIP Member \$12

Nonmember \$15