

2010 Belly Dance Schedule

Classes are Held at The Yoga for You Studio
Bldg J, Olde Lafayette Village

Mondays at 7:00 PM “Learn to Belly Dance” This class incorporates use of Veils, Zills, Tambourines, and some floor work. The class is designed to introduce dancers to different venues of Belly Dancing. (Beginner Level)

Fridays at 10:00 AM “Dancing With Sherri” This exercise class incorporates Jazz moves, Gypsy Dance, and Praise Dance.

Saturdays at 12:15 “Belly Buster Belly Dance.” The emphasis of the class is to burn your bagels and slim down. High energy and fast choreography! (Mixed Levels) *Must register for the Saturday class!*

\$15 Per Class



Come Belly Dance with Sherri!

www.dancingchampagnegirls.com

(201) 247-0897