



www.radiantmoonbellydance.com

Belly Dance Classes Return to Suburban!

Ever wanted to learn how or a little curious about it?...

Belly dancing is natural to a woman's bone and muscle structure. The dance often focuses upon isolating different parts of the body, moving them independently in sensuous patterns, weaving together the entire feminine form. Belly dancing is generally performed barefoot, thought by many to emphasize the intimate physical connection between the dancer, her expression, and Mother Earth.

Jenny's classes will introduce you to the basics of belly dance in a fun and easy to learn atmosphere. She will teach snake arms, figure eights, shimmies & more while improving your coordination, flexibility, self esteem, and empowering you from within to be your fullest potential! Students should wear comfortable clothes, a hip scarf/wrap or sarong is optional and provided if you do not have one. Ballet slippers or dancing socks can be used if you do not want to dance barefoot.



Jenny is a performer with Radiant Moon Belly Dance
and a Certified Belly Dance Instructor



Thursdays 6:30-7:30PM

March 4 – April 8 (6 classes)

Cost: \$30 Members/\$40 Non-Mbrs.

Pre-Registration Required

Suburban Health Club

Phone: 320-251-3965 www.suburbanhealthclub.com

10081 Co. Rd. 138, St. Cloud, MN 56301