



V A L L E Y
HEALTH^{and}FITNESS



Presents...

Belly Dancing!

...with Nina Brown & Janice Winstanley

The ancient art of belly dancing has been around for thousands of years. It was introduced in the U.S. at the World Expo at the end of the 19th century, and has captured the imagination of the public ever since.

The hypnotic & rhythmic dance isolations and combination steps are challenging and fun, encouraging grace, co-ordination and self-reflection.

Thursdays from 5:00pm - 6:20pm

January 21 – March 25

\$120 non-member & \$60 member

Register early to ensure your spot!