

# LEARN TO BELLY DANCE

## SPRING 2010

## BELLY DANCE

## CLASS



5331 W. 135th Street  
Crestwood, IL 60445  
708-371-4810

Bellydance is a low impact activity and a great way for women to exercise, express themselves, boost esteem, or just enjoy themselves and learn something new. Learn the basic fundamental moves of this ancient art form in a relaxed, fun environment while enhancing grace and coordination. No prior dance experience is required for this beginners course. What to wear? Yoga pants, shorts or leggings - no skirts please— fitted t-shirt or tank, crop top, or leotard— bare feet, ballet shoes, or "jazz" shoes. Socks are discouraged. A scarf to wear around the hips—the instructor has a few extra to loan students for the duration of the class. A water bottle will come in handy too!

**Instructor: Jennifer Cook**

About the instructor: Jennifer Cook has been dancing her whole life and has studied Bellydance since 2003. She has performed using the dance name *Mavi* in benefit events, festivals and parties in the Chicago area, as well as provided instruction to those new to bellydance. She continues her studies taking classes and workshops with some of the most talented dancers in this genre and is driven to share the joy of dance!



**Wednesdays**

**April 14 — May 19**

**(6 week class)**

**8:00 to 9:00 P.M.**

**(18 years or older)**

**Fee: \$36.00 res / \$41.00 non-res**



**DON'T WAIT—REGISTER NOW**  
PRE-REGISTRATION IS REQUIRED

