

Belly Dancing



with Shahla Zahr

April 1, 8, 15, 22, 29
May 6, 13, 20

Tuesdays 7:00 pm-8:00 pm
Studio B @ the Energy Zone

\$60 for an eight week session
Register by **March 31, 2014**
at the Fitness & Sports Office.

Want to improve your fitness level and have fun at the same time? If so, then Belly Dancing is just what you are looking for.

No previous dance experience is required, just the desire to try something new and enjoy the physical benefits this dance can bring. Belly dance is a fun, low impact way to improve muscle tone, flexibility and confidence. All fitness levels welcome.

All base personnel are eligible.

For More Info Contact
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