

Bellydancing Classes

now at

Life Activities Club Geelong



Bellydancing is your new fun exercise class.

Bellydance offers an enjoyable fun way to exercise with many health benefits for both mind and body. Research shows that dance is one of the best movement activities to participate in and belly dancing is gentle with low impact to the body. This is a beginner level class that is suitable for all shapes and ages.

Beginning Tuesday 11th February 1.30pm

Belmont Park Pavilion 'Grey Building'
Barrabool Rd, BELMONT

Classes only \$8 for members

All enquires to Glenys: 0400214897