BELLY DANCING

Come and join this 8 week well rounded fitness program.
Belly dancing is a great exercise, it relives stress, and it builds confidence.
Class consists of stretching, isolation of muscle groups, dance movement, breathing for postures and lung expansion, poise and self-assurance.

Smile – Isolate – Relax
(SIR)

With instructor Jeanette Woloszynek "Fahdida"

Location:	Leo Mintzer Community Center
For:	Adults and Children ages 5 & older
Day:	Tuesdays, June 9th - July 28th
Time:	6:00 – 7:00 pm
Fee:	$140.00 check payable to Harrison Youth Activity

Belly Dancing

Name_____Phone_____

Address_____

PLEASE PRINT EMAIL ADDRESS IN BOXES PROVIDED BELOW

CIRCLE ONE: .COM .NET .ORG .EDU .GOV
OTHER_____

2009 Harrison ID #_____ (required to participate)

Registration & fee can be mailed or brought to: Sollazzo Center, 270 Harrison Avenue, Harrison, N.Y. 10528 or Leo Mintzer Community Center 251 Underhill Avenue, West Harrison, NY 10604

For further information please call 914-949-5265

OFFICE USE ONLY: CHECK#_____AMOUNT_____RECEIVED

BY_____DATE_____