

Bellydance with Natasha

at

Fitness for Women

I N F O S H E E T

Taster Classes: 3 classes running each Tuesday starting 3rd May,

In these 3 beginners classes I will guide you through & break down all the moves you need to start bellydancing.

In each class we will spend time learning new moves, focussing on technique with easy to follow instructions, then we will get the heart pumping with some fun, high-energy drills and combinations. Come for a giggle and a wiggle!

Bellydance Basics: A 6 week course beginning 7th June

Further your repertoire of moves, gain more confidence and really see yourself progressing with this 6 week course. We will explore some of the different styles of bellydance, you will learn 3 routines and lots more moves. Come ready to bring out the Diva in you!

Attend the full 6 weeks and learn all 3 routines, or just drop-in when you can for a fun workout... no pressure!

Weeks 1 and 2 "Turkish Teaser" We will learn a simple routine to a Turkish pop classic! With just a few moves you can perform a whole dance. Follow step-by-step and get the body & mind working.

Weeks 3 and 4 "Club Cairo" Explore the cheeky side of modern bellydance. This easy to follow routine is packed with character straight from the clubs of Downtown Cairo.

Weeks 5 and 6 "Egyptian Golden Age" Take yourself back to 1950's Egypt with this classy choreography. Think smoky bars, black & white movies and glamorous dancers. We will start to look at musical interpretation in the last class.

What to wear: Comfortable gym wear is fine, (leggings and a vest or T-Shirt) A scarf to tie around your hips, any light scarf will do, and bellydance is normally danced barefoot so socks are recommended as we are on carpet. Bring a bottle of water also.

First class £7, then £9 per class thereafter

Book the full 6 week course in advance for a discounted price of £50

Discounted prices for members of Fitness 4 Women, please contact the gym for details 01784 438866

For more information about Natasha visit www.NatashaBradleyDance.com

