



Tribal Fusion Belly Dance

Basics, Drills, and Isolations



- Learn deep muscle control and isolation technique, while developing tight and sculpted abdominal and back muscles.
- Focus on posture and arm placement will develop shoulder and upper back consciousness, stability and tone.
- Learn to control and create energy with small subtle movements as well as shimmies and spins for explosive fun.
- This is an entry level class for people new to dance or a great skill review and practice for those with more experience. Everyone is welcome!
- We use a variety of different styles of music, and movements based on many cultures.

Class sessions run for 6 weeks but are on-going so you can join anytime!

Members pay \$60.00 for 6 weeks Non-Members pay \$85.00 for 6 weeks

Saturday 11:30-12:30am and Thursday 7:30-8:30 pm