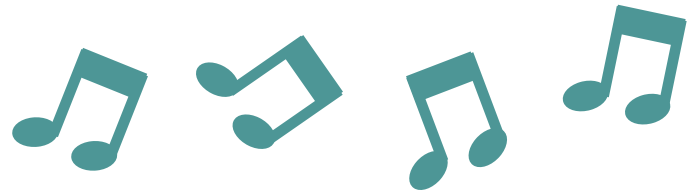




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET YOUR HIPS SPEAK BELLY DANCE CLASS

## MANLIUS YMCA



### ADULT DANCE CLASS

Let your hips speak in this 6 week belly dance course. This beginner level course will improve balance, abdominal, leg and arm strength - including joy, laughter, feeling beautiful & sassy! Dress for comfort, movement and wear a little something that makes you feel beautiful. HIPSPEAK!

**WHEN:** Jan 6 - Feb 10, 2019  
6 classes on Sundays

**TIME:** **3:00PM- 4:00PM**

**COST:** \$70 Members  
\$120 Non-member

**LOCATION:** Manlius Yoga Studio

**CODE:** **1449ABELDA01**



For more information contact Susie Yong, Arts Studio Coordinator,  
[syong@syracuseymca.org](mailto:syong@syracuseymca.org); 315.637.2025 ext. 216

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