



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONFIDENCE CONTROL CHARACTER



BELLY DANCING CLINICS **2-week clinics—Thursdays 6:30pm** **IRONWORKS BRANCH**

Join instructor Kristin Loehr, to learn isolation technique and how to dance. Belly Dance for your health, happiness, core control and skill. Belly Dancing is cultural flavor, amazing exercise and a ton of fun! This winter, we are offering two special clinics! Perfect time to focus on specifics or give it a shot. Class is held in the Multi-Purpose room at the Ironworks Branch. Registration is required so sign up today! Register online, through our Stateline Family YMCA app or at the front desk. See you there!

November Clinic: 11/14-11/21

During this two-week clinic, we will focus on arms, chest, posture, expression and how to tell a story through dance.

December Clinic: 12/12 & 12/19

During this two-week clinic, our focus is hips, hips, hips! We will work on control, isolation & core movement.

Members: \$15 per two-week session
Community: \$30 per two-week session