

# Learn the **ABC's** of Belly Dancing

*A special evening for ladies only  
presented by Shari Stahl  
wine and appetizers will be available*

**A**bsolute ... **B**eginner ... **C**lass  
No dance background necessary!

**July 27 Wednesday**

6 to 8 pm

One time only!



**A**ccessible

**B**asic belly dance moves

**C**elebrate feeling alive in your body

**A**ll ages, sizes welcome

**B**are bellies not required

**C**learly explained movement

Middle Eastern Belly dance is a great total body workout that builds strength, is easy on the joints, and increases your flexibility.

You do not need to show your belly. Dress comfortably in regular workout clothes and bare feet. Hip scarves and other props will be available if you wish.

Sign up early! This is a free class for PHYTC members and guests. Call Shari at 802 279 8792 for any questions or just register at the Club for this special evening of camaraderie, fun and fitness!