

Dance And Define At The Real Retreat

NEW FOR 2012 BELLY DANCE BOOT CAMP

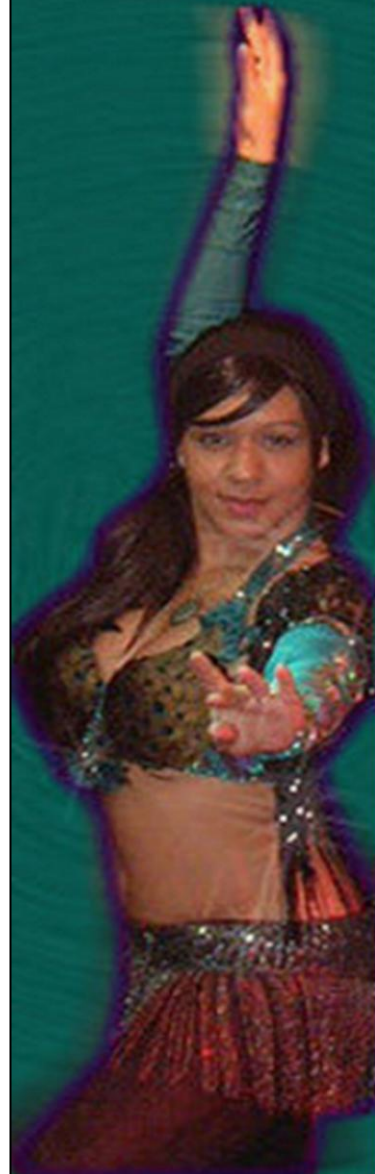
Feel great and get in shape with this fun calorie-burning workout!
A Bootylicious Belly Fit Class, a weekly class that you won't want
to miss. Love your workout Love your body!

4 Week Course 8th - 29th February
Wednesday Evenings 7-8.15pm
Duntrune House, by Kellas, DD4 0PJ

- A mixture of belly dance technique drills
- Thorough breakdown of core movements
- Dance drills of varying speeds - static and travelling
- Targets the lower, middle, upper bodies and arms
- Tighten and tone, lengthen and strengthen muscles
- Posture and alignment. Warm up and cool down
- Music that is upbeat, rhythmic and melodic
- A warm, friendly atmosphere in a stunning venue
- Guaranteed fun – the time will fly by!
- No dance experience necessary

Early Bird Discount

**Book and pay by the 31st January and
pay only £20. £24 thereafter**



Stimulating dance-inspired fitness, using movements from the
ancient art of Belly dance. Get fit, and learn a new skill.
A complete workout for body and mind.

For booking and further information
Text/email CaroDans 07719 896236 or
carodans@hotmail.co.uk