



Bellydance bootcamp

Tuesdays & Thursdays
6:30-7:30pm

Cost: \$8/class, \$15/2 classes,
\$30/4 classes, \$60/10 classes
Your 1st class is FREE!



This is a class for all levels and styles of bellydance—even beginners! Work on isolation, technique, and dance. Drills and exercises are extended in this class to increase flexibility and build core strength. Great workout for any style dancer! Bring a yoga mat or towel. Class is taught by Roma, certified Gypsy Caravan instructor.

Downtown Yoga & Fitness
113 1/2 W Main St., rm 202
Salisbury, MD 21801
**next to Sushi Kanpai*



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