

# Adult Beginner Bellydance

Immerse yourself in the captivating Egyptian rhythms and graceful movements passed down through generations, and let's celebrate the diverse culture of belly dancing. Bellydance is a fun expressive dance form that involves movements of the hips and core. Bellydancing helps with balance, core strength, and confidence! Come enjoy this exciting class!

## February 26 – April 1

LP Wilson Community Center

599 Matianuck Ave, Windsor, CT 06095

**Traditional belly dancing class taught  
by Chinue Clifford**

Ages 18 and older

Monday Evenings

6:00 PM to 7:00 PM

Free!

*860-285-1990 for more information*



**BE WELL  
WINDSOR**  
Health & Wellness Initiative

Windsor Recreation Services

A division of Recreation & Leisure Services

(860) 285-1990

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