



Belly Dance Class Schedule

Session: 10Sept Effective Sept 7th



updated 8/18/2010

Tuesday			
Time	Code	Class	Location
7:40-8:40pm	3590	Belly Dancing 2-3	Studio 1
8:45-9:50pm	3588	Soloist Track	Studio 1

Friday			
Time	Code	Class	Location
7:30-8:30pm	3594	Belly Dancing 4 T	Studio 1

Thursday			
Time	Code	Class	Location
7:35-8:35pm	3586	Belly Dancing 1	Studio 1
8:45-9:50pm	3587	Soloist Track	Studio 1

Sunday			
Time	Code	Class	Location
12:30-1:30pm	3585	Belly Dancing 1	Studio 1
1:30-2:30pm	3589	Belly Dancing 2-3	Studio 1
2:30-3:30pm	3595	Belly Dancing 4 T	Studio 1
3:30-4:30pm	3596	Belly Dancing 4 C	Studio 1
4:30-6:30pm	3592	Soloist Track	Studio 1

Class Descriptions

Learn to Belly Dance! Feel beautiful, get in shape and have fun while burning calories (up to 500!). This dance program is ideal for all ages, shapes and sizes. It is perfect for beginners through advanced dancers and is structured in four progressive levels.

Most students begin at Level 1: Beginner.

Please note: This dance class requires the purchase of additional belly dance accessories (hip scarf, cymbals, veil). Please see instructor for details or call 630.689.3611 for information. Family friendly: ages 8 and up; all levels welcome.

Level 1 Beginner:

Learn the 12 basic belly dance moves. During one session, you'll learn how to dance with a silk veil. During the next session, you'll learn how to dance with finger cymbals. Duration: 2 sessions. Both veil and cymbals must be taken before progressing to Level 2.

Level 2 Advanced Beginner to Intermediate:

Build on your foundation by exploring different styles of belly dance: Saidi, Sword, Drum Solo, Pharonics, Intermediate Veil and Cymbals work are featured in Level 2. Duration: 6 sessions.

Level 3 Intermediate:

Add grace and polish to your belly dance as you progress to intermediate technique and intermediate choreography. Choreography styles include double veil, double stick and more in choreography; intermediate technique and layering is taught in the technique class. Duration: 6 to 12 sessions; must have instructor approval to register. Additional requirements apply. See instructor for details.

Level 4 Advanced:

Exciting choreography, advanced technique and more, Level 4 is designed for the advanced/professional dancer seeking to further her skills. Both solo work and group choreography presented; technique features the world-renown Reda Troupe technique as well as modern oriental and folklore. Duration: ongoing; must have instructor approval to register. Additional requirements apply. See instructor for details.

Soloist Track: Prerequisite: By invitation only, intermediate to advanced status required.

Aimed at the intermediate to advanced dancer interested in developing as a soloist. This course is open by invitation only and required extensive work outside of the



Fall Pilates Reformer Schedule

Session: 10SEPT 9/6-10/24



Updated 8/18/2010

Monday		
Time	Code	Price
9:00-9:50am	3819	\$130/195
10:00-10:50am	3820	\$130/195
5:30-6:20pm	3821	\$130/195
6:30-7:20pm	3822	\$130/195

Friday		
Time	Code	Price
8:05-8:55am	3839	\$130/195
9:00-9:50am	3840	\$130/195
10:00-10:50am	3841	\$130/195

Tuesday		
Time	Code	Price
9:00-9:50am	3824	\$130/195
10:00-10:50am	3825	\$130/195
5:30-6:20pm	3826	\$130/195
6:30-7:20pm	3827	\$130/195

Saturday		
Time	Code	Price
8:05-8:55am	3843	\$130/195
9:00-9:50am	3844	\$130/195
10:00-10:50am	3845	\$130/195

Wednesday		
Time	Code	Price
9:00-9:50am	3829	\$130/195
10:00-10:50am	3830	\$130/195
5:30-6:20pm	3831	\$130/195
6:30-7:20pm	3832	\$130/195

Location
Reformer Studio

Thursday		
Time	Code	Price
9:00-9:50am	3834	\$130/195
10:00-10:50am	3835	\$130/195
5:30-6:20pm	3836	\$130/195
6:30-7:20pm	3837	\$130/195

Class Descriptions

This innovative, comprehensive program is a full curriculum for beginners through elite levels. Progress is made on instructor approval, student progress and space availability. Private sessions and programs available by appointment.

**Proper class attire: form fitting clothing such as a camisole or tank top. Yoga or Pilates pants, bare feet for safety and to ensure correct body alignment.*

Reformer – 50 minutes - The heart of the Pilates method, the reformer is a sophisticated piece of machinery utilizing springs of resistance, pulles and straps. This all-over body workout is extremely effective and produces quick results with consistent class attendance



****You must sign up for Pilates Reformer classes 48 hours prior to first class for a guaranteed spot. All classes must have two participants in order for the class to run.***