

## LOWER PROVIDENCE PARKS & RECREATION

# BELLY CONFUSION

Come join us for the first of its kind! A uniquely taught dual instructed power hour class with two enthusiastic instructors and two amazing types of exercise. We'll warm up, stretch and focus the first part of class on core and spine strengthening exercises targeting those areas that you just can't seem to slim down on your own. Each week a more challenging format will be presented and in the second part of the class we will really have some fun! Belly dance your way to a tighter sculpted midriff as our talented instructors guide you through an amazing routine including isolated moves such as snake arms, shimmies and hip circles. Bring a mat, and wear clothes to move in!



Date: Session I - Wednesday, February 3 – March 10  
Session II - Wednesday, April 14 – May 19

Time: 7:00 p.m. – 8:00 p.m.

Location: [Level Road School House](#)

Fees: \$110 LPT Resident  
\$120 Non LPT Resident

**FOR ADDITIONAL INFORMATION & TO REGISTER:**

[Lower Providence Parks and Recreation](#)

(610) 635-3543

[WWW.LOWERPROVIDENCE.ORG](http://WWW.LOWERPROVIDENCE.ORG)