

## Belly Dance for Fun and Fitness

Come and learn the sensuous art of belly dancing as a fun way to increase your physical fitness. Belly dancing is great low impact aerobic exercise. The hypnotic fluidity of the movements can be very healing and a wonderful stress reducer.

Multilevel classes are held every Saturday at the Imperial Fez Moroccan Restaurant from 12:30 PM to 2:00 PM. Come just for the day or register for an 8 week session. Participants registering for an 8 week session are eligible to perform at our Fez Fest amateur night and 10% off of belly dancing supplies from our Gallery. Contact Cheryl Jamison at (770)940-7957 for further information

Classes are \$15.00 per class or \$100.00 for an 8 week session. Registration forms and fees can be mailed to:

Cheryl Jamison  
C/o Imperial Fez Moroccan Restaurant  
2285 Peachtree Rd.  
Atlanta, GA 30318