



**Rutherford Hall**

NEW

Belly Barre Class

**5 Week Session on Mondays
Starting April 24 through May 22
7:00pm to 8:00pm
\$100 Fee for this 5 Week Session**



Please join us for a NEW adult education offering.

This innovative, creative new class combines the art of belly dance and the sculpting and toning and ever-challenging positions of a barre class.

The intriguing and empowering movements of belly dance will challenge your mind, body and spirit! We will be filling our session with alluring figure eights, shoulder shimmies, hip circles and so much more.

We will then power on sets of pliés, isolations, pelvis and abdominal exercises. We will include small hand weights and soft balls to enhance and develop a beautiful shapely body.

Blending together the best of both activities, we will sculpt, strengthen and build posture and flexibility. Come join us to enlighten your life, build confidence, self-esteem and well being!

Please bring a mat and wear comfortable clothes.

For more information about this event or to register, please go to our website at www.rutherfordhall.org or call 908-852-1894 ext. 338