



## **Middle Eastern Bellydance at 4EverFit!**



*Learn to bellydance through the music and movement patterns of the Middle East! Join professional dancer and instructor, Barbara Grant, for semi-private instruction in this ancient and feminine art form! Tone your core like never before, burn calories and have fun as you learn to interpret Middle Eastern rhythms. All levels of ability are welcome, and the semi-private format means lots of individual attention.*

*Sessions are Thursday evenings, 6:00PM – 7:00PM beginning January 15, 2009. 4EverFit Personal Training Studio is located at 12361 Saratoga-Sunnyvale Rd, Saratoga, CA, south of Prospect Rd. **First session is always free**; \$90 per month thereafter. Please call Barbara at (520)488-1534 or e-mail [barb\\_dance@earthlink.net](mailto:barb_dance@earthlink.net) to see whether space is available. **Sessions are limited to a maximum of 6 students** so reserve your space early!*

*Barbara Grant has two decades' experience studying, performing, and teaching Middle Eastern dance. Most recently, she taught at the Training Zone Personal Fitness Studio in Tucson, AZ. She has also taught at Davis-Monthan Air Force Base and at the Canyon Ranch Health Resort, Tucson. She directed and choreographed for two troupes that have performed in venues such as the Pima County Fair and Race for the Cure, and her articles on the dance have appeared in Habibi magazine and The Gilded Serpent webzine.*