

# Lindsays Dance Classes Start Sept 17<sup>th</sup>. ALL Classes are 6 weeks. No classes Oct 8<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>

## MONDAYS

**8:40pm-9:40pm- SEXY HEELS-** Learn how to dance sexy and with sass. Learn how to walk and dance in heels, learn choreography to popular songs, learn sexy floor work combos, and learn how to bring out your inner sexy diva. (Not ready to dance in heels yet? No Problem. Bring your sneakers and when your ready you can add on the heels)

Age 16 and up

## FRIDAYS

**6:15pm-7:15pm- (Intermediate) BELLYDANCE Intensive 1-** Explore the Egyptian dance in detail with intense drills, floor work, spins, isolations, body movements, and combos to enhance your dance.

Age 16 and up

**7:15pm-8:15pm- DANCEHALL –** High energy fun Jamaican dance form that will have you twirking, dipping, dropping, popping and everything in between. Learn combos and choreography, learn moves to bring to the dance floor. Ages 16 and up

## SUNDAYS

**4:00pm-5:00pm- Absolute Beginner CONTEMPORARY-** For those with no Contemporary dance experience. Learn the fundemntals of posture, flexibility, body alignment, basic floor work drills, basic bar work, learn how to work with the entire body as a whole. (\*this class involves floor work)

Ages 16 and up

**5:00pm- 6:00pm- Free Flow CONTEMPORARY (for those with experience)-** Explore movement from the bottom up. Learn floor work combos to expand your musicality and body

**movement, bar work in center, learn spins, jumps and leaps,  
and learn how to express yourself through movement  
Ages 16 and up**

## **Cost**

**\$100.00 Per class (6 weeks for each class)**

**If you purchase 2 classes you can purchase a 3<sup>rd</sup> class for  
\$60.00 and further discount if wanting to purchase 4  
or 5 classes.**

**To pre-register or ANY questions please email or  
message Lindsay at**

**[Lindsay.bellydance@gmail.com](mailto:Lindsay.bellydance@gmail.com) or  
text/call 306-737-5889**

**Payment options: Cash, E-Transfer, Check, Credit Card  
(square machine, \$2 extra charge)**

**Classes start the week of Sept 17<sup>th</sup>/2018**