

Fall 秋季  
2010  
Short-term Courses  
短期課程

# Belly Dancing for Fitness @ Béthanie (Conducted in English)

Instructor : Mey Jen TILLYER

This one-and-a-half hour per week day-time course is designed specifically for you who care for your health enough to join a group of like-minded people and fit it up in the elegant environment of our landmark heritage campus at Béthanie in Pokfulam.

The course offers regular and systematic Belly Dance training. Gentle, relaxed and fluid exercise will be used to develop body awareness and coordination while participants learn how to move through different styles and moods of Middle Eastern music. Participants will also learn how to tone up and control different muscles, and firm up the belly, waist, buttocks, thighs and arms areas. It is fun, it is hip, and it keeps you fit! The benefits of this course and the environment at which it is held cannot be fully described in words. You need to come and experience it for yourself. You won't be disappointed!

This course is suitable for all aged 16 or above. Previous experience is not necessary.

Class	Date	Time	Session	Language	HK\$
A	5 Oct-26 Oct 10 (Tue)	2:15-3:45pm	4	English	\$780
B	2 Nov-23 Nov 10 (Tue)	2:15-3:45pm	4	English	\$780
C	30 Nov-28 Dec 10 (Tue) (21 Dec 10 no class)	2:15-3:45pm	4	English	\$780