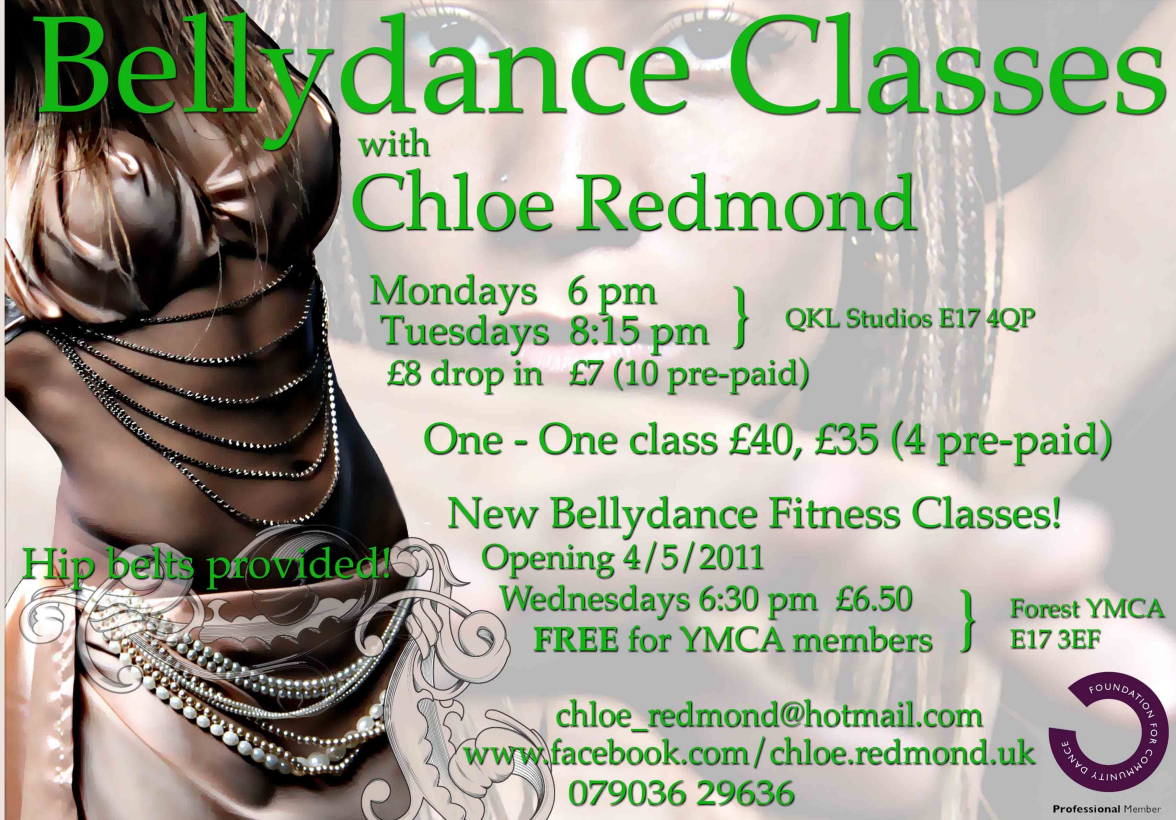


Egyptian Bellydance Classes with Chloe Redmond

Egyptian Bellydance is a dance of celebration, tradition, sensuality and strength. For centuries in Egyptian culture it was danced within families, but now it is performed in many settings and has become a very popular evening class.

Other than the benefits of general fitness and endorphin release, you will improve your stamina; flexibility and muscle tone, in a relaxed and fun atmosphere.

A great way to get through the week, letting loose to Arabic beats!

A promotional poster for bellydance classes. The background features a close-up of a woman's face and torso, wearing a dark, shimmering bellydance costume with multiple layers of beaded necklaces and a decorative hip belt. The text is overlaid on the image in green and black. The main title 'Bellydance Classes' is in large green font, followed by 'with Chloe Redmond' in a smaller green font. Below this, the class schedule is listed: 'Mondays 6 pm' and 'Tuesdays 8:15 pm' are grouped together with a closing bracket, indicating they are at 'QKL Studios E17 4QP'. The pricing is '£8 drop in £7 (10 pre-paid)'. A separate line states 'One - One class £40, £35 (4 pre-paid)'. Below that, it says 'New Bellydance Fitness Classes!' and 'Opening 4/5/2011'. The fitness class schedule is 'Wednesdays 6:30 pm £6.50', with 'FREE for YMCA members' indicated by a closing bracket, and the location is 'Forest YMCA E17 3EF'. Contact information includes 'chloe_redmond@hotmail.com', 'www.facebook.com/chloe.redmond.uk', and '079036 29636'. In the bottom right corner, there is a circular logo for the 'FOUNDATION FOR COMMUNITY DANCE' with 'Professional Member' written below it. The text 'Hip belts provided!' is written in green on the left side of the poster, near the hip belt illustration.

**Prepare your body for summer; lose that winter weight &
Bellydance your way to fitness**

Mondays 6pm & Tuesdays 8:15pm – QKL Studios E17 4QP

Mixed Level £8.00 drop in £7.00 (£10.00 pre-paid)

One-One Classes £40.00 (£35.00 pre-paid)

Hip belts provided!

Free Bellydance compilation with every advanced booking

New Bellydance Fitness Classes

**Opening 04/05/2011 Wednesdays 6:30pm – Forest YMCA E17
3EF**

£6.50 – FREE for YMCA members

**Other than the obvious benefits of general fitness you will
improve your stamina, flexibility and muscle tone in a fun
atmosphere**

View the video a flyers for further info!

<http://www.facebook.com/event.php?eid=183508325000409>