



Egyptian Belly Dance & Fitness

A Hoba™ Cardio Workout Experience

Burn up to 550 Calories per Class while you Dance and Move!

Instructor:
Aini



A Motivate Contest & Surprises will be Waiting! See you in Hoba™ Classes!



FREE *For 2 Months!*

CLASSES

8 Weeks/Hoba™ Classes February & March 2012

Elite Dance International Studio and Apparel
709-Johnnie Dodds Blvd. Mt. Pleasant, SC 29464

Contact after **JANUARY 15, 2012** for information about the schedule
843.412.9954 | hobadance@yahoo.com

I'd like to introduce you a new Fitness Workout with Belly Dance! You will learn authentic Moves, burn calories on a Healthy, Fun and Easy way. NO Belly dance experience is needed!

(For 14 years old and up and any fitness level)

Water, comfortable exercise clothes, sneakers (socks) a towel or Yoga mat required.

Hip Coin Belly Dancing scarves will be lent!

Thanks to Aini's Sponsors:

AliBaba Mediterranean Restaurant (843)377-8666

The only location: 186 Seven Farms Dr. Daniel Island, SC 29492

.CardioMixes Fitness Music / CardioMixes.com