

GET FIT & HAVE FUN TOO!

Enroll Now and Discover how to become a more confident woman by learning how to harness your feminine energy

BELLY DANCE

BURLESQUE

BELLY FUNK FITNESS

- Gentle low impact exercise.
- No dance experience necessary.
- Perfect for any age and any level of fitness, female or male.
- Increases body awareness and confidence flexibility, strength, stamina & fitness.
- Useful for relaxation, relieving arthritis, depression, back pain, constipation, endometriosis, menstrual problems & reducing incontinence.
- Excellent preparation for childbirth and for post-natal recovery.

DANCE CLASS ATTIRE

EXERCISE CLOTHING: Leotard or t-shirt or crop-top, tights or leggings or yoga pants, or flowing skirt.

FEET: Bare feet, socks or flexible dance shoes.

HIPS: Long scarf or sarong to accentuate those hips.

BRING: Water Bottle.

ACADEMY TIMETABLE

2010 COMMENCES

Monday 1st February

SHIRAZ

MASONIC HALL, 1st Ave, BURLEIGH HEADS

MON 5.45 – 6.45pm Beginners
7.00 – 8.00pm Elementary
8.15 – 9.15pm Intermediate

ELENIE

NERANG BICENTENNIAL COMMUNITY CENTRE,
Room 5, Nerang/Southport Rd, NERANG

MON 6.30 – 7.30pm Burlesque
TUE 6.30 – 7.30pm Intermediate
7.45 – 8.45pm Advanced

ELENIE

CWA HALL, Crn Garden & Young St, SOUTHPORT

WED 5.45 – 6.45pm Beginners
7.00 – 8.00pm Belly Funk Fitness

SHIRAZ

LATINMANIA STUDIO 15 Via Roma St ISLE OF CAPRI

WED 6.00 – 7.00pm General

Terms as per Public School Terms

Some Upper Level Classes
may continue on public holidays as usual.

TO ENSURE PLACEMENT

Send enrolment form with remittance payable to:
Araby Belly Dance Academy
8 Milparinka Tce, Ashmore Q 4214

Elenie 07 5539 5229 Mob: 0438 127 232

Shiraz Mob: 0400 881 815

**ARABY
BELLY DANCE
&
BURLESQUE
ACADEMY**

Established 1990



Fun Fitness Fantasy

CONTACT YOUR TEACHER

Elenie: Ph: 07 5539 5229
Mobile: 0438 127 232
Email: araby@bigpond.net.au
Web: www.araby.com.au
Shiraz: Mobile: 0400 881 815
Email: shiraz-dance@hotmail.com

2010 CLASS TERMS DATES

Academy Terms as per Public School Terms

TERM 1 1 Feb – 1 Apr 2010

TERM 2: 19 Apr – 24 Jun 2010

TERM 3: 12 Jul – 16 Sept 2010

TERM 4: 4 Oct – 9 Dec 2010

To Avoid Disappointment Please Book Early
(Deposit or Full Fee will ensure placement)

CLASS FEES

\$135.00 per TERM

Payable Prior or by First Lesson

Pensioner & Full Time Student Savings

\$120 per TERM (Card Presentation at 1st Class)

Fees are non-refundable upon commencement of term.

*Unattended classes may be made up at other compatible classes within the **same term only***

Casual Classes \$17.50

All prices include G.S.T.

CLASSES AIM: Is to bring the best out from each & every student & for her to honour her "**INNER GODDESS**".

CLASSES ARE RELAXED AND FUN!



ACADEMY TEACHERS

The Teachers of the Academy are regular performers at many restaurants, private functions & corporate events throughout Brisbane and the Gold Coast and are constantly sort after for their elegant professional shows.

By choosing the Araby Belly Dance & Burlesque Academy you will be given the finest quality training available in Middle Eastern Dance today, offered by nurturing, skilled teachers who are passionate about performing and sharing their "Art".



BELLY DANCE

Belly Dance is a gentle low-impact FUN EXERCISE alternative. Classes focus on safety & technique. Perfect for students from early teens to 70+, any size, any shape. Belly Dance has many health benefits including childbirth preparation and recovery, increases fitness, stamina, flexibility, creativity and confidence, it also enhances sensuality, femininity, beauty and grace, achieving that healthier body and a better figure.

BURLESQUE All Levels. Safe low impact. Building strong foundations in posture, confidence, elegance, balance & core strength. Participants enjoy, styles such as Jazz, Hula, Funk, Charleston, Go Go, Belly Dance, Ballet & Cabaret.

BELLY FUNK FITNESS All Levels. Are designed as safe low impact total body workout to build flexibility strength, mobility, balance, stamina & fitness. Still working with dancing props & regional rhythms of this artform.

ELENIE



SHIRAZ



◆ PRIVATE LESSONS

Beginners/Advanced/Professional/Teacher Training
Keep up, Catch up, For a Special Event, or Competition
By Appointment Only

◆ INSTRUCTIONAL DVD FOR SALE

Australia's Most Popular

"Learn to Belly Dance with ELENIE"

◆ **ARABY END OF TERM PARTIES**

◆ **WORKSHOPS**

◆ **BOOK A DANCER: *Solo *Duo *Troupe**
PROFESSIONAL PERFORMERS
AVAILABLE



ARABY BELLY DANCE ACADEMY – ENROLMENT FORM

FEES PAYABLE TO: Araby Belly Dance Academy **MAIL TO:** 8 Milparinka Tce Ashmore Q 4214

Name (PRINT CLEARLY FOR CERTIFICATES & MAILOUTS).....
Address..... Suburb..... P/code.....
Tel (W).....(H)..... Mobile..... Date of Birth.....
Email: (FOR UPCOMING TERMS & EVENTS).....
How did you find out about the Academy?.....
Class..... Day..... Time.....
Location: BURLEIGH HEADS NERANG SOUTHPORT ISLE OF CAPRI
Existing Injuries / Medical Conditions.....
Full Payment Enclosed \$..... Money Order Cheque Direct Debit Cash *Please no cash in post*
Deposit Enclosed \$..... Remainder of Course Fee to be paid at First Class
Direct Debit Payment to: E SMITH T/AS ARABY BELLY DANCE ACADEMY,
Bank: Qld Country Credit Union Ltd, BSB NO: 704640 Account No: 2263947 (ATTACH BANK RECEIPT)
Receipt Required? Concession? Concession Type..... *To be presented at first class of term*

Although Safe Dance Practices are exercised we require students to acknowledge that participation is at own risk

SIGNATURE: DATE: OFFICE USE:

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