

# BELLY DANCING

REGISTER ONLINE

[WWW.USC.EDU/RECSPORTS](http://WWW.USC.EDU/RECSPORTS)

WELLNESS PROGRAMS

Classes held in the Lyon Center Group Exercise Room.  
Open to USC students, faculty and staff.  
(Bring your USC ID.)

Thu, June 25 (12-1pm)

Thu, July 2 (12-1pm)

Thu, July 16 (12-1pm)

Sign up for one or all three!

**FREE!**

For more group exercise classes check out the USC  
Workout schedule for yoga, hip hop, SCycling, and more!



WELCOME to .....  
An introduction (beginners and novice)  
to a fun and fundamental class of Belly  
Dancing!

Belly Dancing is a Middle Eastern dance form  
that can build-up your aerobic capacity and  
physical stamina. This an excellent alternative  
activity for people, regardless of age, gender,  
weight, agility and knowledge of dance steps,  
who don't normally like going to the gym. Learn  
an alternative workout style, strengthen your  
core, and have fun!

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Wear loosely fitted clothes. You will be asked to  
lift your arms and legs, bend, sit, and lay down.  
Yoga pants and running shorts are some of the  
appropriate clothing options. Hip scarves are  
optional, ones without coins  
please. Bare feet, socks, bal-  
let slippers, or dance sandals  
are acceptable.



[wellness.usc.edu](http://wellness.usc.edu)