

# *Aegela* Centers for Middle Eastern Dance

The Glann School 1700 N Reynolds Rd, Suite 203 (north side of building) Toledo, OH

## *Belly Dance...An Ancient Art with a Contemporary Vision*

*March 3 – April 10, 2025*

\$75.00 for 6 week series, one class per week --- \$45 ea additional series

(enter **DISC2025** when registering for multiple classes)

<b>Monday</b>	<b>12:30 pm – 1:40 pm</b>	<b>BellyFit</b>	<b>Instr: Jen</b>
<b>Monday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Level 1</b>	<b>Instr: Cheryl</b>
<b>Monday</b>	<b>7:50 pm – 9:00pm</b>	<b>Acapella Zils</b>	<b>Instr: Cheryl</b>
<b>Tuesday</b>	<b>6:15 pm – 7:25 pm</b>	<b>Level 4 Dance Company</b>	<b>Instr: Aegela</b>
<b>Wednesday</b>	<b>6:30 pm – 7:40 pm</b>	<b>Dancing w/ Props – Fan Veils</b>	<b>Instr: Jen</b>
<b>Wednesday</b>	<b>7:50 pm – 9:00 pm</b>	<b>Synchronized Group Improv</b>	<b>Instr: Jen</b>
<b>Thursday</b>	<b>6:30 pm – 7:50 pm</b>	<b>Level 3</b>	<b>Instr: Aegela</b>

**Level 1** .....For the beginning dancer; an introduction to the basics of belly dance; all ages, shapes, sizes, genders welcome  
**No prior dance training required**

**Acapella Zils**..... Taking zils to a new level; a class created choreography; intended for those with an intermediate knowledge of zils, but fearless beginners are welcome

**Completion of Level 1 or equivalent required**

**Level 3**..... Performance skills, Aegela's outside the box combinations; zils required; vintage, folkloric, traditional styles

**Completion of Level 2 or equivalent and instructor's permission required**

**Level 4**.....Class reserved for Aegela Dance Company members; **cannot be used to make up classes**

**Synchronized Group Improv**.....Learn specific moves and cues to spontaneously perform improvised belly dance in sync with a group

**Completion of Level 1B or equivalent required**

**Dancing with Props – Fan Veils**.. The flirty fan meets the sultry veil all in one prop; a different spin on the basic fan

**Completion of Level 1 or equivalent required**

**BellyFit**.....The basics of belly dance presented with a focus on stretching, toning and fitness

**No prior dance training required**

[www.aegela.com](http://www.aegela.com)

**REGISTER:** [www.aegela.com](http://www.aegela.com)

517-918.9547

\*\*\* Registrations are non-refundable and non-transferrable unless a class is cancelled; spots not reserved without payment\*\*\*

\*\*\*Proper attire for all classes is comfortable exercise clothing bare feet, socks or dance shoes\*\*\*