

An *Xperience* Like No Other!

Xperience Goddess Grooves – TBA

Celerate the "Athena" that lives within you and express yourself with moves fit for a Goddess. Unleash your feminine power with cabaret-style **Bellydance** and release your sexy essence with a playful **Tease** during this Xperience. You'll get two choreographed Xperiences in one workshop! This Xperience includes a 45 minute set of BellyDance followed by a 45 minute set of FiTease - there will be a rest break between the sets.

Xperience FiTease & a Sizzlin' Chair Affair – 11/27/09 & 12/18/09

Join us for another unique dance-fitness alternative for the sexy at heart with moves guaranteed to heat up the room. This is a ladies only affair provides a "laid-back" atmosphere for a relaxing and "steamy" good time. There's no pole, only your sensual soul. This Xperience delivers some spice and fun with mesmerizing dance steps for a toning workout and a sexy yet classy routine with the chair as your prop – participants bring their own chair. Look good and feel great with exotic choreography and chair moves that will heat up any room.

Xperience BellyDance Bliss – 12/11/09

This is a ladies only affair for an extended session of bellydance with in a positive, relaxing atmosphere to "shake" off some stress and burn some calories* while exuding beauty through the movement of your body. You will start by practicing foundation bellydance steps and the movements included in the choreography for a core workout. Then, you will learn an exotic dance with influences from global cultures that will be integrated to create a fun and mesmerizing routine with modern flair and by all means, don't worry about any extra jiggle with your wiggle - it's all good!

General Information for All Xperiences: All Xperiences are from 7:30p-9p unless noted otherwise. They are held in Allen at 1201 E. Main St. @ Allen Heights (about 3 blocks east of Jupiter, north of Bethany, south of Exchange) – private studio within Martial Arts Fitness. Xperiences are for "ladies only" – "girl's nite" for grown ups. They also include a brief break/intermission with light refreshments. Dance experience is never necessary and all sizes and shapes are welcome - so, bring a friend or two to share in the fun. Dress to workout. Wear leggings, capri/yoga pants or shorts with a tank top or fitted t-shirt. Please, do not wear oversized "box" t-shirts during workshop - it's helpful to see the silhouette of your body. Dance sneakers, ballet shoes, or barefoot is acceptable. Goddess Grooves/ FiTease/ Sizzlin' Chair Affair: Bring a men's shirt, high heels/stilletos and necktie or long scarf or boa. You will only be in high heels for about 20 minutes of the Xperience. BellyDance Bliss: Bring a hip scarf (with or without coins). There will be a limited number of hip scarves available for use during class and/or to purchase.

Advance Registration Required: Register online or in-person with instructor at any regularly scheduled class (Allen or Plano). Rate is \$15 per Person or \$25 per Duo. Events are subject to cancellation if a minimum of (5) paid registrations are not processed at least 5 days prior to event and if (10) paid registrations are not processed at least 72 hours prior to event. Event Confirmation or Notice of Cancellation & Refund will be sent to all registrants at least 48 hours before scheduled Xperience. Drop-Ins are permitted on a first-come basis if there is space available. However, the courtesy of confirmation/cancellation cannot be extended to anyone who chooses not to register in advance. Registrations are non-refundable within 72 hours of event, however, purchase may be transferred to other participant(s) to attend.