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FOR IMMEDIATE RELEASE**

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**LADIES! LOOKING FOR A NEW WAY TO EXERCISE? TRY BELLY DANCING
AT THE YMCA!**

(Plainfield, IL) Ladies, are you looking for a different way to exercise? Try belly dancing! Belly dancing originated in the Middle East and other Arabic countries centuries ago. Belly dancing is a popular dance form that is commonly used in performances and as a form of exercise. Belly dancing is a great form of exercise because it is fun and uses muscles from head to toe (Not just the belly)!

In this class participants will stretch, learn the basic belly dance movements, and combine the movements into fun easy to follow combinations! **NO BARE BELLIES REQUIRED**, but please bring a scarf or shimmy belt!

The C.W. Avery Family YMCA will be offering a **FREE** belly dancing class on August 18th at 7PM for ladies 16 and up. Since space is limited, to participate in this free class or for more information on this or any other YMCA programming contact Lisa Behounek at 815-267-8600x206 or email her at Lbehounek@jolietyymca.org.

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