



PGITI Health & Wellness Group Invitation



Join us for a beginners' (I hope!) BELLY DANCING CLASS. If you are an experienced at belly dancing, you can always add to the intensity of your workout. This will be fun!!

- When:** Friday, November 22, 2019
- Time:** 11:30 am – 12:15 pm
- RSVP:** By Nov. 19th to lambert.rb@gmail.com
- Cost:** \$7 Donation
- Where:** Z Fit Studio 3205 US 22/3 Loveland OH

Rania Rawas, Certified Fitness Instructor and experienced belly dancer, has generously volunteered to donate her time and teach us to shake those hips!! Belly dancing focuses upon isolating different parts of the body, moving them independently in sensuous patterns, weaving together the entire feminine form. Really? This is possible?! Even for me?

Wear a jingly coin scarf on your hips if you have one! First 5 people to RSVP will receive one free!

Please RSVP to Rose Lambert via email above by Tuesday November 19th to reserve your spot. There is a small charge to attend the session, payable at the session. This covers the cost to rent the studio and for a small gift for our presenter.

Z Fit Studio is located at 3205 US-22/3, Loveland, OH 45140 (otherwise known as Montgomery Rd; in the Landen area). It is located in a strip center, not directly on the main road, so you will need to turn in when you see the sign "20 Mile Tavern" Z Fit is next to the Russian Deli.