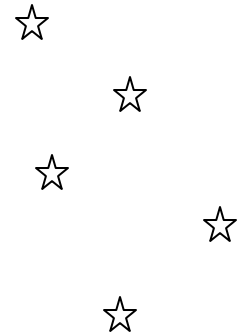


Girls' Night Out: Organic Dance



Timberhill Athletic Club

Friday, October 17, 2014

5:30-6:30 p.m.



with **Sarah Hentges**

Author of *Women and Fitness in American Culture* and Assistant Professor of American Studies at the University of Maine at Augusta. Sarah has been a fitness instructor for over 15 years, teaching a variety of fitness classes in Northern California, Oregon, Washington, Minnesota, and Maine. She can be reached at sarah.hentges@maine.edu for more information.



Everyone deserves a “girls’ night out”—an opportunity to relax, to celebrate, to move, to be yourself, to try new things, and to be in a supportive community. In this unique fitness class we will find our power and take pleasure in movement. This Organic Dance class blends belly dancing, hip hop, yoga, the Nia technique, and a variety of other dance and fitness styles to create a fun, powerful, and empowering workout. A mixture of choreography and free dance, this class will relieve tension, build muscle, increase flexibility, improve coordination, loosen joints, and feed your body, mind, and soul. No dance experience required, but even advanced dancers will get a great workout. Bare feet recommended but not required.

Organic Dance: Move and Be Moved.