



DANCE

classes from around the world

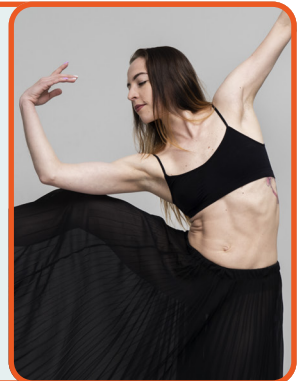
Honoring diversity and inclusivity at YMCA Fairfax County Reston!

Belly Dancing with Brittany (two-time only special event!)

Sunday, September 15th at 11:30am & Thursday, September 19th at 5:30pm

Origins: Turkey & Egypt

The Belly Dance is identified by swaying hips, undulating torso, and articulated isolations employed in a range of dynamic and emotional expressions. Characteristic movements in the dance include curving patterns, undulations, thrusts, lifts, locks, and drops, and shaking or quaking body movements.



Salsa Dancing with Wanda (one-time only special event!)

Tuesday, September 17th at 12:30pm

Origins: Latin American

Salsa is a popular music of Latin American origin that has absorbed characteristics of rhythm and blues, jazz, and rock.

Bollywood Jam with Monika

Every Wednesday at Noon

Origins: India

Bollywood dancing is a colourful, dynamic and highly theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more contemporary western forms such as hip hop, jazz and funk.

