

Classes with Prue

Please email prue@underbellydance.com or call 0408 565 707 to enrol in any of the following classes.
Please feel free to call with any questions.
Bookings essential.

Term 1 January 18- March 13

Fitzroy Studio

St Brigid's Church-Corner Nicholson & Alexandra Parade North
Fitzroy- (Red Brick Building)
On site parking available

Monday	Wednesday
6:30- 7:30 Intermediate-Choreography	6:30-7:30- Beginners
7:30-8:30 - Belly Burlesque	7:30-8:30- Belly Fit/Body Conditioning
8:30-9:30 - Advanced	8:30-9:30- Intermediate- Props

Adult Ballet classes are held in Hawthorn on Tuesdays at 8:15, please contact Prue for more information.

Class prices

\$10 trial class (new students only)

8 week Term	
Full term 1 hour classes	\$130
4 week 1 hour class card	\$ 70
Casual 1 hour class	\$18
Private lessons at North Fitzroy by Appointment only	\$65 per hour. \$30 per extra person
Multiple class discount	5% off each additional full term enrolment!

Class descriptions

Belly Dance

Beginners (Level 1)- Introduces the basic movements, combinations, music and history of belly dance. (Suitable for complete beginners to those with some experience)

Intermediate (Level 2) -Explores more complex movements, prop usage (veils, zills) and choreography.

Advanced (Level 3&4) - Explores layering movements, muscle control, more complex choreography and improvisation. Develop personal style, expression, stage presence and professionalism.

Belly Burlesque

A playful style combining Bellydance with the cheek and pizzazz of old world Burlesque. Using music from the 1920s to today, 'naughty' but cute movements and expressions are used to delight and enrapture your audience.

Belly Fit / Body Conditioning

In the first half of this class you will learn how to control your core muscles and pelvic floor to improve balance, coordination and reduce lower back pain. A strong core will allow you to move more freely, improving all aspects of your dancing. The second half is a high energy cardio class based on belly dance movements. Running shoes and a yoga mat recommended.

Terms and Conditions

- **Full term and 4 week card prices also apply to Melusina and Kajal's classes at the North Fitzroy studio. Please refer to their individual pages for more information.**
- **All Full Term and 4 Week Cards are to be used within the Term that they are purchased and are not valid for any other period. Cards for Term payers and 4 Weeklies to be issued and marked off before each class. Make-up classes can be taken with the teacher of original enrolled class only.**
- ***All Courses are non-refundable.* In the event that a course is cancelled students can choose to have all of their remaining course monies refunded or be transferred to another course of equal or lesser value.**
- **Payments for courses are to be made *in full* by *Cash* or *Electronic transfer* only. Payments are to be made to the teacher whose course has been enrolled in.**
- ***Bank details***
Mrs Prue Schafferius
Bank: Westpac
BSB: 733 058
Account: 642 805
- ***Discounts***
Enrol in multiple classes and save!
- **5% Discount off each additional *Full Term 1 hour classes only* (5% off \$100 = \$95) Applies to classes with multiple teachers. For example, enrol in Prue's level 1 and Mel's Tribal Intro and receive 5% off Tribal Intro.**

What to wear

- **Wear something comfortable such as leggings, tracksuit pants and a top. You may also wear skirts and other fun belly dance attire.**
- **Hip scarves are recommended to help 'feel' the hips and they are fun to wear! A selection of scarves will be on sale at the studio during classes.**
- **Bare feet or socks are ideal but ballet/ jazz shoes and foot thongs are also appropriate (no jiffies or jazz runners) Foot thongs can be ordered through Prue at the studio. Running shoes are recommended for Belly Fit to reduce impact on the body.**
- **Please bring a yoga mat for Body Conditioning.**

Parking and Public Transport

The studio is only a few minutes off the Eastern Freeway. Enter via Nicholson Street for onsite parking.

Tram 96 from the city will drop you right at the front door!