



Community Fitness Classes

YOGA

Yoga, the union of body, mind and soul uses exercises to relax and tone the muscles, breathing techniques to regulate the body's energy level, meditations to calm and center the mind, and relaxation postures to reduce and eliminate stress. Please bring your own yoga mat.

Dates: August 23 - October 4
(No class September 6th)
Time: Mondays 6:30 - 7:30 PM
Location: Lake Dallas Community Room
212 Main Street in Lake Dallas
Fees: \$51.00 Lake Dallas Resident
\$54.50 Non-Residents

Instructor profile: *Melissa Hentschel*

Melissa is a certified Yoga Teacher and has been practicing Yoga for over 10 years. She encourages students to challenge themselves while also honoring where their mind and/or body may 'be' on any particular day. You can expect 'fresh' classes and something different each week.



BELLY DANCE

Experience the fun and fitness of this ancient, body friendly dance style. Tone your abdominal and pelvic muscles, as well as shoulders, arms and legs with unique isolation exercises while building confidence, poise and posture. Learn part of a dance routine each class which will become a Belly Dance you can perform! Please bring your own yoga mat for this class. Dress in yoga pants, tank top, fitted t-shirt, jazz shoes, socks, ballet slippers or bare feet.

Dates: August 26 - September 30
Time: Thursdays 7:00 - 8:00 PM
Location: Lake Dallas Community Room
212 Main Street in Lake Dallas
Fees: \$51.00 Lake Dallas Resident
\$54.50 Non-Residents

Instructor profile: *Farasha*

Dancer, choreographer, and Artistic Director of Zaara Belly Dance Fusion, Farasha, brings an extensive background with over 35 years of professional dance experience in both teaching and performing Ballet, Jazz, Modern Dance, Classical Egyptian and Tribal Fusion Dance. Farasha and her Zaara Belly Dance Fusion performers appear regularly for local venues, festivals and theatres.



Fitness classes meet at the Municipal Complex - Community Room of the City of Lake Dallas on 212 Main Street in Lake Dallas. Register for classes in person Monday through Friday from 8:30 AM to 5 PM, by phone at (940) 497-2226 x132 or with the instructor before class begins. Class fee and liability waiver are required for all participants. Please contact us for additional information:

City of Lake Dallas
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