



*OmBellyCo is a  
FatChanceBellyDance  
Sister Studio!*

**OmBellyCo**  
**211 Cross Street**  
**Carlisle, MA 01741**

New Location Added!  
Belly Moves  
9 Peabody Square,  
Peabody, MA

website: [ombellyco.com](http://ombellyco.com)  
e-mail: [info@ombellyco.com](mailto:info@ombellyco.com)

## Schedule

Updated March 1, 2011.

Email us at [info@ombellyco.com](mailto:info@ombellyco.com) for more information on any of our classes.

### ATS Level 1: Dance Fundamentals

60 minutes: \$17 with class card

Drop-in (\$20), all levels welcome

Mondays: 6:15pm -7:15pm

In this class, you will learn to dance by drilling the basic ATS vocabulary into fun combinations. Using both slow and fast movements, you will learn to improvise in your first class! We will also look at partner and group dynamic while dancing. This class runs in 6-week cycles, and includes posture and body awareness, zils and music. You are welcome to drop-in on this class after the course has started as we review all the moves in each class.

### ATS Level 2: Tribal Combinations

60 minutes: \$17 with class card

Drop-in (\$20), must have experience in FCBD Level 1

Mondays: 7:30pm-8:30pm

In this class, we will expand our ATS vocabulary as well as work on refining technique through basic steps drilling and creative variations and combinations. This class is best used simultaneously with Level 1, as there is no description of the basic steps. To take this class, you must understand partner and group dancing. This is a 12-week cycle class.

### ATS Level 3: Drills and Improvisational Choreography

60 minutes: \$17 with class card

Drop-in (\$20), must have completed Level 1&2 classes. Check with a teacher before joining if you are unsure of your placement.

Tuesdays: 6:30pm-7:30pm

In this class, we will work on advanced steps and combos, which may include floor work and sword. We will work in duet, trio and chorus formations, as well as set up choreographies using the full range of movements. This class is also a prep class for Student performances.

### Mixed Levels ATS class

60 minutes: \$17 with class card

Drop-in (\$20), all levels welcome

Mondays: 9:00am -10:00am

This class is open to all level dancers. We will work on important ATS concepts such as cues and formations as well as how to create improvisational choreographies. The class includes plenty of review for basic steps while introducing new vocabulary.

### ATS levels 1 and 2

6-week sessions starting March 6, 2012

For more information and to register please email [eva@ombellyco.com](mailto:eva@ombellyco.com)

Held at Belly Moves, 9 Peabody Square, Peabody, MA.

### Zumba Fitness

Dance your way to fitness

Come join the party with this Latin-inspired, easy-to-follow, calorie-burning, dance fitness-class right here in Carlisle. Feel the music and let loose.

Starting March 6: Tuesdays, 9-10 am and Thursdays, 6:30-7:30 pm

\$14 drop-in or \$12 with the purchase of a 10 class card

At OmBellyCo Dance Studio

Contact: [cecile@ombellyco.com](mailto:cecile@ombellyco.com)