

Belly Dance: The Next Big Dance-Fitness Craze

Poised to take the lead in the dance-fitness space, SharQui - The Bellydance Workout® is changing the landscape for women (and men) of every age. **Your Name** earned his/her **add accreditations here and SharQui Instructor accreditation.**

While teaching aerobics, cardio and toning classes, SharQui's founder, Oreet, came across women from every generation who shared their insecurities about body image. This spurred her to meld the body-loving art form of bellydance with fitness workouts, giving women a means to express feelings of sensuality while working out. Students can pick up a hip scarf when they come to class like they would a step or yoga mat, and SharQui mantras instantly come to life: *Shake Your Beauty* and *Sweat Sexy!*

Completing a 4-week online certification can certify those interested in teaching SharQui. Health clubs and gyms are adding SharQui to their lineup of classes, and SharQui Instructors are also teaching at studios, community centers, Sisterhood groups, and "girls night out" parties.

Original music produced exclusively for SharQui, is exhilarating, fresh, and heavy on beats and rhythms.

For further information, please contact: _____ (phone/email).

SharQui is a one-of-a-kind 60 minute, power-packed class that fuses both bellydance and fitness. It is designed on the add-on method which includes breakdown and repetition of movement allowing everyone to feel successful in 'performing' one piece of choreography. It is an easy-to-follow format that builds core strength, speed, isolation, and stamina.

SharQui ensures an awesome workout and students are guaranteed to *Sweat Sexy!*

Your social media links

Music also available at www.sharqui.com