

Aalim Dance Academy

Aalim Dance Academy is a 501(c)3 company and a member of the Oklahoma Arts Council.

Offering classes in traditional bellydancing, tribal fusion bellydancing, hula and gypsy dance, Aalim has something for everyone.

Learn an ancient art form, move that belly and get into shape.

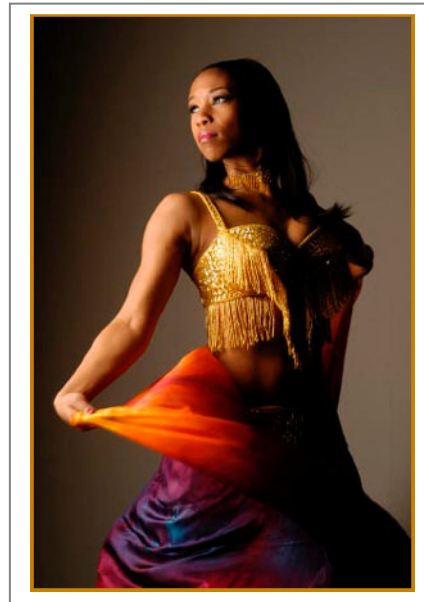
Studio Director Soraya Al Musri has bellydanced for more than 30 years, sharing her knowledge and love of the dance to students nationwide. Aalim's performance troupe was named Troupe of the Year in 2000 by Zaghareet Magazine and performs regionally, locally and nationally.

Bellygrams are also available for that surprise birthday party, anniversary or corporate event.



Soraya Al Musri

Aalim Dance Academy
2520 N. Meridian
Oklahoma City, OK



Benefits of Bellydance

- Tone muscles
- Develop stomach muscles
- Learn balance
- Strengthen major muscle groups
- Alternative cardio workout



Aalim Dance Academy

Bellydancing -
a beautiful way to
exercise



www.aalimdanceworld.com



When Exercise Meets Art

From Tae-Bo to Pilates, there is a form of exercise to fit anyone's tastes. But dancing? Is it possible to gain any type of physical benefit from an ancient form of dance?

You bet your belly it is! Bellydancing offers many benefits. In addition to the obvious – learning a graceful, fun and exciting new art form – bellydancing works several muscle groups. Every woman can bellydance - young or old, thin or heavy, tall or short. The Aalim Dance Academy, Oklahoma's only non-profit professional bellydance studio, can offer you a "beautiful way to exercise" that's fun to learn and a great way to get into shape.



Class Schedules

Mondays:

5:30-7:30 - **TRIBAL BASIC** (*Tribal Fusion Intro Class for new students wanting to do Tribal Fusion*)
2-Hours: \$15.00
Instructor: **SAHAR**

6-7:30 - **GYPSY BASICS**
1-1/2 hours: \$12.00
Instructor: **AINI**

7:30-9:00 - **TRIBAL STARS** (*Advanced Level Tribal Fusion Class for current students*)
2-Hours: \$15.00
Instructors: **AINI**

Tuesdays:

6-6:45 - **SPARKLES (Adv.)**
45 mins: Free
Instructor: **KYLILLA**

7-8 - **INTRODUCTORY**
1-Hour: \$8:00
Instructor: **LAMEES**

6-8 - **BEGINNERS**
2-Hour: \$15.00
Instructor: **AMIRA**

8-9:30 - **INTERMEDIATE**
1-1/2 hrs: \$12.00
Instructor: **AMIRA**

Wednesdays:

6:00 – 7:30 **ADVANCED I**
6:30 – 8:00 **ADVANCED II**
1-1/2 hours: \$12.00
Instructor: **AMIRA**

6:30-7:30 - **INTRO**
1-Hour: \$8.00
Instructor: **SAM**

8-9:30 - **DESERT STARS**
1-1/2 hours: \$12.00
Instructor: **AMIRA**

7:45-9:15 - **BEGINNER**
1-1/2 hours: \$12.00
Instructor: **SAM**

Thursdays:

6:30-8:00 - **INTERMEDIATE**
1-1/2 Hours: \$12.00
Instructor: **ZAFIRAH**

6:30-8:00 - **DIVAS**
1-1/2 Hours: \$12.00
Instructor: **SAM**

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