

A New Year of News, Events & Updates

XPERIENCE THE DIFFERENCE

GET IN SHAPE, FULLFILL DREAMS AND MEET NEW PEOPLE. Move and shine in the New Year 2012 and be reminded of the precious gift of life. Bellan™ turns the soul inside out by nurturing the spirit and offering experiences that allow people to personally express movement in unique ways.

Full of hope and endless possibilities—Bellan is life.

FIND WHAT MOVES YOU! One of the many benefits of Bellan is that we offer the flexibility of building a movement experience your way! While we are happy to make suggestions based on needs and desires, we believe offering diverse movement experiences, guided by talented teaching artists, enhance the journey of nurturing the spirit and fine tuning the body.

GET FREE AND LIVE LIFE! Bellan encourages people to become more acquainted with their creative and rhythmic treasures that may be hidden or go unnoticed. We appreciate movement as a universal gift of life. By acknowledging diverse levels of knowledge and understanding, Bellan shifts the focus away from labels, to meeting movers where they are. Bellan inspires movers to let go and welcome present, genuine, and authentic expression and movement awareness.

THE CHOICE TO MOVE IS UP TO YOU! Bellan makes it simple to choose to move with us. To join any movement experience and regularly manage Bellan accounts, movers should complete the **Application & Waiver** and go to the **website** and **Schedule an Xperience**. Your first Bellan experience is on us. Drop-in movers are welcome. To confirm attendance in any movement experience, go to **Schedule an Xperience**. Groupon Members, please **email us** with your Certificate # and Redemption Code (8-digit #).

SPECIAL EVENTS

MOVES, FUN AND GOOD PEOPLE! Spice up your Sundays with Salsa Latin Rhythms™ and practice your moves while dancing the night away with good people. **Schedule an Xperience** TODAY!

Salsa Latin Rhythms™

Whether your goal is to enjoy an evening dancing with friends, connect with your partner or simply get a great workout, Salsa Latin Rhythms™ is a musical movement fusion rooted in North, South, Central, African and Caribbean rhythms. Salsa Latin Rhythms™ introduces various movement patterns that build a solid foundation for growing movers. Learn the fundamentals of timing, rhythm, footwork, and an introduction to dancing with a partner. This movement experience provides a solid movement base designed to nurture movement confidence and inspire individual flair on the dance floor. A partner is not required to benefit from this movement experience.

SPECIALTY XPERIENCES COMING SOON AT BELLAN

Stiletto Fitness™

Liberate yourself and turn up the volume on your feet. Find your “sexy” in this new and exciting sculpting, toning and strengthening workout designed to help you define the way you look and feel. This movement experience includes a floor and chair work component.

Bellan E™

Connecting and reconnecting partners through movement, fitness, intimacy and passion, Bellan E™ is a movement experience designed for adults and couples. Inspired to add spice and flavor to intimate routines, Bellan E takes the art of intimacy to a new level with signature moves that enhance body awareness, endurance, stamina and flexibility.

CANCELLATION POLICY

Bellan offers the flexibility of designing movement experiences your way. So that Bellan can monitor the growth and success of every movement experience, please be sure to **Schedule an Xperience**. If an experience is cancelled for any reason and you are signed in to an experience, you will receive advance notice via the email contact you provided. Please understand that a movement experience is subject to cancellation with less than 7 movers. To view the status of any movement experience, go to **Schedule an Xperience**. Cancellations are made at least 2 hours before an experience.