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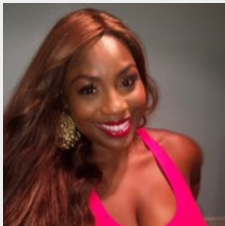
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Lakesha Yvette Walker

LA Dance Fitness Examiner

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See also: belly dancing, sensuality, crunches

# Crunched Out? Flatten Your Tummy & Increase Sensuality With Belly Dancing.

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Next: So you think that you are becoming a medicine woman (Photos)

November 15, 2012

12:58 AM MST



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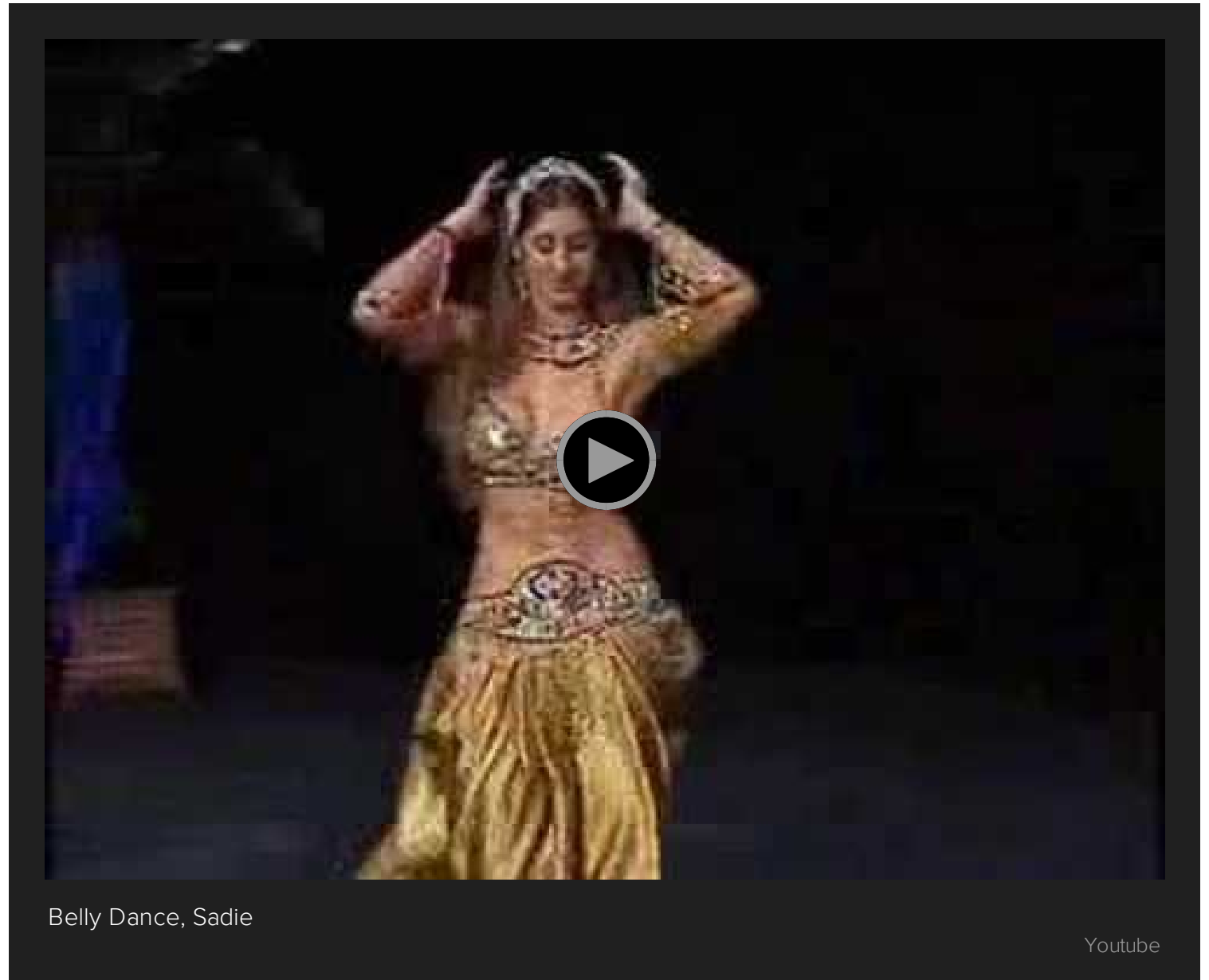
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Belly Dance, Sadie

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Just saying the word “[crunches](#),” makes me flinch. Let’s face it, they hurt and for the most part, are pretty boring. For the novice athlete, the thought of lying on a mat and counting off reps, can lead

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to skipped days, or even worse, a shorter workout. There has to be a better way to tone and define your mid-section, right?

Trust me when I say, you can give your abs an amazing, equally challenging workout, with [belly dancing](#).

Imagine what spending an hour, shake, rattling and rolling your hips will do for you.

It also tightens your arms and legs, while simultaneously giving you definition in your back. Many claim it improves your posture and [sensitivity](#), as well as your confidence.

After belly dancing, just like crunches, my core feels, tighter and stronger. The only difference is, I can't wait to do it again. Try shaking up your ab workout with this amazing art form. You may never look at crunches the same way again.

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If you'd like to check out a great class that's currently on sale for the month of November, go to:

**WHAT: MIXED LEVEL THURSDAYS WITH MARIA KELLY**

**WHEN: 6:30-7:45, EVERY THURSDAY**

**COST: NOVEMBER SALE PRICE**

\$15 for drop in, \$13/class with class card (purchased at \$52 for 4 classes, must be used in 6 weeks time).



Usual price for class: \$18 drop in, \$15/class with class card.

**Yuri Grigoriev**

**School of Ballet**

**12932 Venice Blvd.**

**Los Angeles, CA 90066**

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