



Bellyfit® is the world's leading holistic fitness experience for women that blends the power and wisdom of ancient cultures with the research, technology and trends of the modern world. Designed exclusively for the female body, mind and spirit, Bellyfit® offers a full body, full of spirit, extraordinary exercise experience in a safe, effective, intelligent group fitness format guaranteed to satisfy women's desire to feel beautiful, strong and healthy.

In the first half hour of the class burn mega calories, relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the ancient and beautiful fundamentals of Belly Dance, Bollywood and African Dance. Don't be surprised to occasionally see a few moves inspired by kick boxing as we tap into our Warrior energy and explore the fierce side of femininity. During the second half of the class enjoy sculpting, toning and tightening with Pilates inspired core work, a deep yet relaxing Yoga inspired stretch and mindful Mudra Meditation.

There is something for everyone in this class from low or no impact to high energy cardio...you get from it what you put into it, leaving you feeling satisfied, strong, sexy and soulful!



Bellyfit® instructor, Shari McDowell is a firm believer in the power of positive thinking and consciously living in the moment. She hopes to inspire women to love themselves, to take time to care for themselves as whole beings - mind, body and spirit. When connecting conscious breath with movement women feel strong, energized and renewed. The positive energy is contagious, women are empowered! Strong Women, Strong World!

Shari enjoys performing and teaching belly dance. In 2009 Shari became the first certified Bellyfit® Instructor in the United States (she is the only one in Iowa!) and she is trained to teach all Bellyfit® formats. She has a 200 hour Pranakriya yoga certification and is certified with Sabrina Mesko in Mudra Therapy Levels 1 & 2.

www.bellyfit.com