



Ruhm-bee-ta (*noun*) Moms and babies moving together...
dancing to the same beat!

Created and taught by Andreina Febres and Rachel Hubbard

This class is designed for moms to learn ways to move their bodies and enjoy dancing while getting into shape. We'll dance to different rhythms such as Merengue, Cumbia, Salsa, Reggaeton, Samba and much more.

Classes can be enjoyed when your baby is taking a nap or when awake and alert; you can wear your baby in a carrier or have her/him watch you dance. Wear comfy clothes; wear sports shoes or go barefoot...and bring a baby carrier.

**Join us at the Stapleton School
for a free demo class!**

Mon., Feb. 27 **or** Wed. Feb. 29 ~ 11:30-12 Noon
Stapleton Main Studio, 118 Greenfield Avenue, San Anselmo

*Space is Limited, Please **reserve** your spot by calling 415.454.5759*



STAPLETON SCHOOL
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