Body Flex - % C 4 5 5 < 1 K A B @ >!

dancemaster, ! @ 5 4 0 17 ! 5 = B O 1 @ L 2014 - 17:05:00

! B C 4 8 O ShallWeDance ? @ 8 3 ; 0 H 0 5 B 2 3 @ C ? ? C = 0
= > 2 > 5 D 8 B = 5 A- = 0 ? @ 0 2 ; 5 = 8 5 Body Flex!

0 < 5 = A : > 5: ! @-20:00, A-18:00, C : > 2 A : 8 9: = 0 1 > 2 3 @ C ? ? C!

A B 0 ; 8 > B 8 7 = C @ 8 B 5 ; L = K E 4 8 5 B 8 B @ 5 = 8 @ > 2 > : 2 A ? > @ B 7 0 ; 5?
! G 8 B 0 5 B 5
= 5 2 > 7 < > 6 = > E C 4 5 B L 2 > ? @ 5 4 5 ; Q = = K E G 0 A B O E B 5 ; 0?
! 5 3 > 4 = O K < > 6 5 B 5
7 0 1 K B L > 2 @ 5 < 5 = 8, ? > B @ 0 G 5 = = > < ? C A B C N!

> 4 8 D ; 5 : A(BodyFlex) M D D 5 : B 8 2 = 0 O ? @ > 3 @ 0 < < 0, : > B > @ 0 O
? > 4 E > 4 8 B
4 ; O 1 > ; L H 8 = A B 2 0 B 5 E, : B > E > G 5 B ? > E C 4 5 B L 8 C : @ 5 ? 8 B L
A 2 > Q 7 4 > @ > 2 L 5.
2 B > @ > < 4 0 = = > 9 ? @ > 3 @ 0 < < K O 2 ; O 5 B A O 53-; 5 B = O O
0 < 5 @ 8 : 0 = : 0 @ 8 @
' 0 9 ; 4 @ A, < 0 B L B @ > 8 E 4 5 B 5 9. 0 2 @ 5 < O A 2 > 8 E 7 0 = O B 8 9 ? >
A > 1 A B 2 5 = = > 9
A 8 A B 5 < 5 < > = 0 ? 5 @ 5 H ; A 5 6 3 > = 0 4 4 9 @ 0 7 < 5 @.

BodyFlex : > < ? ; 5 : A C ? @ 0 6 = 5 = 8 9, > A = > 2 0 = = K E = 0 A > G 5 B 0 = 8 8
4 K E 0 B 5 ; L > 9 B 5 E = 8 : 8 8 D 8 7 8 G 5 A : 8 E C ? @ 0 6 = 5 = 8 9 = 0
@ 0 A B O 6 : C 8
= 0 ? @ O 6 5 = 8 5 < K H F.
> G 5 < C BodyFlex ; C G H 0 O < 5 B > 4 8 : 0?
* K A B @ > 5 8 M D D 5 : B 8 2 = > 5 A 6 8 3 0 = 8 5 6 8 @ > 2 K E 8 F 5 ; ; N ; 8 B 0
* 8 = 8 < 0 ; L = K 5 7 0 B @ 0 B K 2 @ 5 < 5 = 8
* # A : > @ 5 = 8 5 > 1 < 5 = 0 2 5 I 5 A B 2
* # 2 5 ; 8 G 5 = 8 5 M = 5 @ 3 8 8 2 B 5 ; 5
* # < 5 = L H 5 = 8 5 > 1 J 5 < 0 6 5 ; C 4 : 0
* # A 8 ; 5 = 8 5 8 < D > B > : 0
* ! = 8 8 6 5 = 8 5 < K H 5 G = > 9 1 > ; 8
M B > 5 I Q = 5 2 A 5 ? @ 5 8 < C I 5 A B 2 0 BodyFlex.

0 : 8 < > 1 @ 0 7 > < @ 0 1 > B 0 5 B BodyFlex? > G 5 < C : 8 A ; > @ > 4
= 0 A B > ; L : >
2 0 6 5 = 4 ; O = 0 H 5 3 > > @ 3 0 = 8 7 < 0?

0 ? 8 A K 2 0 9 B 5 A L ? > B 5 ;.: 8 (916) 333-22-44 -   0 < 5 = A : > 5,

8 (916) 333-22-94 -   C : > 2 A : 8 9 8 = 0 A 0 9 B 5:   http://shallwedance.ru/page.php?96

*   8 A ; > @ > 4 8 6 8 @.   0 A G Q B
3 ; C 1 > : > 3 > 4 8 0 D @ 0 3 < 0 ; L = > 3 >
4 K E 0 = 8 O = 0 H 0
: @ > 2 L C 2 5 ; 8 G 8 2 0 5 B A > 4 5 @ 6 0 = 8 5
: 8 A ; > @ > 4 0, : > B > @ K 9 A ? > < > I L N
D 8 7 8 G 5 A : 8 E C ? @ 0 6 = 5 = 8 9 < K
= 0 ? @ 0 2 ; O 5 < 2 > ? @ 5 4 5 ; 5 = = K 5
> 1 ; 0 A B 8 = 0 H 5 3 >
B 5 ; 0.   7 2 5 A B = >, G B > 2 B 5 ; 5
G 5 ; > 2 5 : 0 B > ? ; 8 2 > < 2 K A H 5 3 >
: 0 G 5 A B 2 0 O 2 ; O 5 B A O
6 8 @ 8 ; 8 ; 8 ? 8 4 K.   7 1 K B > G = K 9
: 8 A ; > @ > 4 ? > < > 3 0 5 B > : 8 A ; 8 B L
8 ; 8 A 6 5 G L 6 8 @.
  0 7 ; > 6 5 = 8 5 ; 8 ? 8 4 > 2   M B >
8 7 1 0 2 ; 5 = 8 5 > B 6 8 @ > 2 K E
> B ; > 6 5 = 8 9 B 0 <, 3 4 5 8 E
1 > ; L H 5 2 A 5 3 >. ! 6 8 3 0 = 8 5 6 8 @ > 2
4 0 Q B = 0 < 1 > ; L H 5 M = 5 @ 3 8 8
*   8 A ; > @ > 4 8 3 @ 0 5 B 2 0 6 = C N @ > ; L 2
> 1 < 5 = 5 2 5 I 5 A B 2, C ; C G H 0 5 B
: @ > 2 > > 1 @ 0 I 5 = 8 5 8
? 8 I 5 2 0 @ 5 = 8 5
*   8 A ; > @ > 4 > G 8 I 0 5 B : @ > 2 L
*   8 A ; > @ > 4 4 0 Q B 2 > 7 < > 6 = > A B L
> @ 3 0 = 8 7 < C 2 > A A B 0 = > 2 8 B L 8
C : @ 5 ? 8 B L
8 < < C = = C N A 8 A B 5 < C
*   ; 0 3 > 4 0 @ O : 8 A ; > @ > 4 C,
2 K @ 0 1 0 B K 2 0 5 B A O 90% M = 5 @ 3 8 8
*   8 A ; > @ > 4 2 K 2 > 4 8 B B > : A 8 = K 8 7
A C A B 0 2 > 2, O 2 ; O O A L 2 0 6 = K <
? @ > F 5 A A > < ? @ 8
; 5 G 5 = 8 8 0 @ B @ 8 B 0

" 0 : 8 < > 1 @ 0 7 > <, 8 7 1 K B > G = K 9
: 8 A ; > @ > 4 2 : @ > 2 8 2 ; 8 O 5 B = 5
B > ; L : > = 0 > 1 J Q < K

= 0 H 5 3 > B 5 ; 0, = > 8 = 0 > 1 I 5 5
C : @ 5 ? ; 5 = 8 5 = 0 H 5 3 > 7 4 > @ > 2 L O.

BodyFlex > A = > 2 K 2 0 5 B A O = 0 A > G 5 B 0 = 8 8
4 K E 0 B 5 ; L = > 9 B 5 E = 8 : 8 8
C ? @ 0 6 = 5 = 8 9 = 0
@ 0 A B O 6 : C 8 C : @ 5 ? ; 5 = 8 5 < K H F.

> A ; 5 2 K ? > ; = 5 = 8 O : > < 1 8 = 0 F 8 8
2 4 > E > 2 8 2 K 4 > E > 2, < K
7 0 4 5 @ 6 8 2 0 5 < 4 K E 0 = 8 5,
2 B O 3 8 2 0 5 < 6 5 ; C 4 > :(4 K E 0 B 5 ; L = 0 O
G 0 A B L) 8 @ 0 A B O 3 8 2 0 5 < \ = 0 ? @ O 3 0 5 <
> ? @ 5 4 5 ; Q = = C N 3 @ C ? ? C < K H F = 0 8-10
A 5 : C = 4.

4 = 0 : >, = 5 A < > B @ @ O = 0 ? > ; L 7 C,
3 8 < = 0 A B 8 : 0 BodyFlex 8 < 5 5 B
? @ > B 8 2 > ? > : 0 7 0 = 8 O:
*   8 ? 5 @ B > = 8 O
*   @ K 6 0
* ! 5 @ 4 5 G = 0 O = 5 4 > A B 0 B > G = > A B L
*   5 @ 5 < 5 = = > A B L
  5 : > B > @ K 5 3 > @ < > = 0 ; L = K 5
? @ 5 ? 0 @ 0 B K 8 0 = B 8 4 5 ? @ 5 A A 0 = B K
< > 3 C B B > @ < > 7 8 B L
2 > 7 4 5 9 A B 2 8 5 BodyFlex = 0 > @ 3 0 = 8 7 <.

4 5 <   0 A!