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City of Downey

Press Release

Free mini-class: Belly Dance Stretch & Tone at the Downey Farmers' Market

Downey, Ca, April 21, 2009

The City of Downey is pleased to announce that Lailah Ibarra-Armas will host a free demonstration of her exciting class, "Belly Dance: Stretch and Tone", at the Downey Farmers' Market. Lailah's class combines the exhilarating rhythms of Middle Eastern music with strength, conditioning, and stretching exercises. The demonstration class begins at 10:30 AM on Saturday April 25, 2009. Participants will shake, shimmy, and flow while learning to isolate and tone. The public is invited to participate in this invigorating dance class that's great for cardiovascular health – no pre-registration is required.

For more information on Lailah's classes, visit her website at www.iberianentertainment.com. Lailah teaches 8-week classes at the Barbara J. Riley Community and Senior Center; her next session begins May 12.

The Downey Farmers' Market just celebrated its one-year anniversary and is open every Saturday from 9AM to 1PM. The market is located on Second Street, between New Street and La Reina, one block north of Firestone Boulevard. More information on the Downey Farmers Market is available by visiting http://www.downeyca.org/city_farmersmarket.php.

For more information on the class, please contact Lailah at lailah_yasmina@yahoo.com

For Immediate Release