

Introducing Something Unique!

**Rhythm
FORCE**

**Dance &
Martial Arts
Fusion**

Rhythm Force is a concept class fusing an eclectic system of martial arts with traditional notions of dance and rhythm. Elements of this pairing come together to enhance students **strength, flexibility, and grace.**

Music and Dance are the keys to students learning an ancient art form in a completely new and fun way. Classes incorporate a total curriculum of motivational martial arts along with dance techniques.

Benefits include improved **confidence, concentration, discipline, and balance.** Classes stress **fun, learning** and **safety** in a family-friendly environment.

Now Enrolling students for our school year program.

- Classes start September 12th
- No long-term commitment
- No prior experience necessary
- Students ages 7 and up welcome

Not Sure? Call today to schedule your FREE Trial Class.

*Free trial classes subject to class availability.

**TRY IT
OUT**

Call us to
schedule
your

FREE
Trial Class*



Classes taught by
Master **Ibbly Abdalla**,
World Martial Arts
Champion and
accomplished instructor
for over 30 years.

CentrevilleDance.com • 703-815-3125