

Zoom Bollywood Dance Workout

Saturday May 22 - Zoom Bollywood Dance Workout

Learn some basic Bollywood dance steps then put them to music for a quick cardio workout. It's not that strenuous. If you're familiar with Bollywood culture, then I don't have to tell you that the music and dancing in these films are completely infectious.

Bombay Jam takes the same energizing spirit of Bollywood, but gives it a fitness twist, creating a 12-minute workout that keeps you moving and smiling the entire way through. This is all standing, no floor work. Once we learn this dance, we are all set to try it on the dance floor when restrictions are lifted! All are welcome.

Please contact Louise to register or for help with Zoom and for all questions.

Date:

Saturday May 22, 8:30 am

Location:

via Zoom

Cost:

Free for members

Sign Up:

Let Louise know you're coming by email.

Deadline:

at least 1 hour prior to start

Contact:

Louise Hearty, louise@insideedgeclub.bc.ca