

October 9 - December 25, 2017

## BollyX: The Bollywood Workout w/ Danny Cadet

Company: Mark Morris Dance Center  
 Venue: Mark Morris Dance Center  
 Location: Brooklyn, NY

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Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India, to embody its infectious energy, expression and movement and aim to expand the reach of fitness to more people worldwide. The BollyX fitness curriculum has been created by world-class choreographers and accredited by the Aerobics and Fitness Association of America (AFAA) to ensure a safe and powerful total body dance workout for all. BollyX utilizes interval training techniques that not only tones your entire body but also burns serious calories.

No prior dance experience is required just a positive attitude and the desire to unleash your inner swagger! BollyX pushes the world of fitness forward to a new kind of experience. Because getting you in the best shape of your life is one thing, but giving you the platform to feel like a Bollywood star simultaneously is a whole other ball game.

### Suggested Attire:

Comfortable clothing in which you can easily move  
 Jazz shoes, jazz sneakers, or indoor sneakers. No street shoes.

Mondays 6:30 - 7:30pm

Instructor: [Danny Cadet](#)

Mark Morris Dance Center  
 3 Lafayette Ave  
 Brooklyn, NY, 11217  
 718.624.8400  
[http://markmorrisdancegroup.org/dance-center/adult-classes/Dance-Workout/bollyx?utm\\_source=dancenyc&utm\\_medium=website](http://markmorrisdancegroup.org/dance-center/adult-classes/Dance-Workout/bollyx?utm_source=dancenyc&utm_medium=website)

Schedule  
 October 9, 2017: 6:30pm  
 October 16, 2017: 6:30pm  
 October 23, 2017: 6:30pm  
 October 30, 2017: 6:30pm  
 November 6, 2017: 6:30pm  
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