

## **Bollywood Dance Plus Zumba-Like Moves Equals 'Bollyfitness' — Try It Wednesday at Darien Library**

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**Tagged as :** [Bollyfitness](#), [Neha](#)

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Bollywood-themed dance and Zumba-themed exercise are combined in a class being offered at Darien Library.

— [an announcement](#) from Darien Library

Bollyfitness as it suggests is a mix of dance & fitness like Zumba that makes you groove to Bollywood music. The class offers an hour of nonstop dancing for all the fitness lovers and a great high energy workout.

So put on your dancing shoes and get ready to sweat it out!

(Please wear clothes that you can easily move around in and sneakers. A water bottle is also recommended.)

**About the Instructor**

Neha is by profession a Bollywood dancer and a dedicated teacher for more than 20 years. Neha's passion for dance knows no bounds. She got into Bollyfitness six years back.

She has been training kids & adults alike through her dance school known as Thirakte Kadam (which literally means dancing feet) in Stamford.

***If You're Going ...***

The hourlong class starts at 7 p.m., Wednesday, Jan. 17. It takes place in the library's Conference Room.

You can [register online](#) for this free class. (Registration closes just before the class begins.) As of Saturday morning, Jan. 13, there were eight spots still available.