Come and try

 the newest

 fitness experience….

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Mindfulness + Excellent Physical Workout + Indian Dance Styles like Bhangra and Bollywood !

Learn the choreography to a song—remember that final scene in Slumdog Millionaire?

Thursday, November 13, 6:00 PM

Wear comfortable clothes you can move in. You will be encouraged to dance barefoot. Athletic shoes are OK.

Conference room next to Warren Civic Center Library

Please call to register: 586-574-4564