

AILEY EXTENSION

AILEY EXTENSION MAKES NATIONAL PHYSICAL FITNESS MONTH FUN WITH FREE DANCE IN TIMES SQUARE WORKSHOP SERIES, A SPIRITED WORLD DANCE CELEBRATION, AND ENERGETIC NEW WEEKLY CLASSES

**Free Dance in Times Square Series Returns with a Lineup of Lively Outdoor Workshops
(May 5 – June 30)**

**Take Your Talents to the Stage During World Dance Celebration Performance Workshop
(April 30 – June 24)**

**More Opportunities to Move Seven Days a Week with Full Schedule of High Energy Techniques
Additional New Zumba® and Hip-Hop Classes**



World Dance Celebration's West African Performance. Photo by Tiba Viera; Dance in Times Square NY Style Mambo with Katherine Jimenez. Photo by Grace Landefeld; Zumba class at Ailey Extension. Photo by Emily Cannarella.

[CLICK ON PHOTO FOR HIGH-RES DOWNLOAD](#)

(NEW YORK) April 24, 2023 – [Ailey Extension](#) is adding some excitement to National Physical Fitness Month by offering a variety of flavorful dance and fitness classes to get people of all backgrounds and experience levels moving throughout May and into the summer. All are encouraged to shake up their wellness routines by joining in the dance during performance workshops which explore high energy movement styles from around the world, new weekly classes available both online and in-studio at the [Joan Weill Center for Dance](#) – NYC's largest building dedicated to dance, and a free series of up-tempo outdoor workshops accessible to all in the heart of Times Square.

Ailey's spirited "real classes for real people," are taking over the streets of Broadway for [Dance in Times Square](#) – a series of free outdoor dance workshops led by elite NYC instructors on **Fridays at 5pm from May 5-June 30**. Presented in partnership with Times Square Alliance as part of the TSQ Live series celebrating NYC's creative community, Dance in Times Square welcomes New Yorkers and visitors alike to join in the dance with a variety of energetic styles including West African, NY Style Mambo, Zumba®, Broadway Jazz and Hip-Hop. On **Thursday, August 10**, the Dance in Times Square workshops will close out with a bang when Ailey Extension instructors put on a **special celebration commemorating the 50th Anniversary of Hip-Hop**.

[World Dance Celebration Performance Workshops](#) kick off the week of April 30, giving dancers the chance to get their blood pumping as they let loose while learning a fun and fast-paced global technique. Students can choose from seven dance styles – African-Brazilian, Afro-Cuban, Afro’Dance, NY Style Mambo, Salsa, Samba, or West African – which double as great cardio exercises with health benefits such as increased muscular strength and endurance. During the 8-week workshop, participants will dive into international cultures and receive individual attention in rehearsals while learning original choreography from Ailey instructors. The workshop series will culminate with two full performances where dancers can show off their skills in front of family and friends at the Ailey Citigroup Theater on Saturday, June 24.

Two popular instructors are taking on extra weekly classes this month, creating more ways to get the heart pumping while having fun. Starting May 4, crowd favorite **Jonathan Lee** returns, challenging dancers with electrifying combinations as they work up a sweat during his in-studio [Advanced Beginner Hip-Hop](#) class on **Thursdays at 7pm**. Anyone looking for an equally fun but easier to follow workout can sweat it out to the latest Latin and international rhythms online and in-studio with **Will Negrillo** as he takes over [Zumba®](#) on **Saturdays at 11:30am starting May 6**. Exercise enthusiasts can keep moving to more upbeat dance styles throughout the week including West African, samba, and Afro-Cuban and focus on stretching and toning the body in fitness classes such as Pilates Fusion, Masala Bhangra, yoga, and Restorative Stretches.

The health and well-being of all dancers, students, instructors, and staff at Ailey remains a top priority. **While masks are still encouraged, they are not mandatory for in-studio Ailey Extension students.** Ailey continues to monitor case levels, prioritizing the safety of our community. In the event of another COVID-19 surge or a new variant of concern arises, our guidance will adjust accordingly. Please visit alvinailey.org/extension/covidsafety for the most up-to-date information regarding COVID-19 safety protocols.

With more than 50 weekly classes and special workshops available, Ailey Extension allows students all over the world to find the fun in fitness and explore different dance styles seven days a week. For more details about Ailey Extension’s variety of in-person and virtual class options – which include hip-hop, ballet, Horton, West African, Zumba®, jazz, samba, Masala Bhangra, vogue, NY Style Mambo, contemporary, Pilates Fusion, Broadway Jazz and more – please visit alvinailey.org/extension.

MAY WORKSHOPS FROM AILEY EXTENSION

DANCE IN TIMES SQUARE

Ailey comes to Times Square (Broadway Plaza between 45th and 46th Streets) for a series of free outdoor dance classes led by Ailey Extension instructors and NYC dance artists. Fun for all unfolds with participatory, high-spirited dance sessions this May and June. Class offerings range from Broadway jazz to hip-hop, West African dance, and more. Classes are open to people of all ages and all levels of dance experience!

Workshop Schedule:

- May 5 – West African with Maguette Camara
- May 12 – NY Style Mambo with Katherine Jimenez
- May 26 – Zumba® with Jose Ozuna
- June 2 – Broadway Jazz with Judine Somerville
- June 30 – Hip-Hop with TweetBoogie
- August 10 – Hip-Hop 50th Anniversary Celebration

WORLD DANCE CELEBRATION

The World Dance Celebration at Ailey Extension brings communities together to share rich cultural heritages from around the world. During this 8-week performance workshop, students will receive individual attention in rehearsals while learning original choreography from Ailey instructors that will culminate in full performances at the Ailey Citigroup Theater. In a nurturing and non-judgmental environment, students will become more confident dancers while improving their performance quality and enhancing their freedom of expression. **April 30 – June 24**

Rehearsal Schedules:

- **African-Brazilian** with Janete Da Silva, **Wednesdays 7-9pm**
- **Afro-Cuban** with Noibis Licea, **Sundays 2:30-4:30pm**
- **Afro'Dance** with Angel Kaba, **Sundays 1-3pm**
- **NY Style Mambo** with Katherine Jimenez, **Fridays 8-9pm and Saturdays 5-6pm**
- **Salsa** with Ahtoy Juliana, **Tuesdays 7:30-9:30pm**
- **Samba** with Quenia Ribeiro, **Saturdays 2-4pm**
- **West African** with Maguette Camara, **Fridays 6:30-8:30pm**
- **West African** with Vado Diomande, **Sundays 4:30-6:30pm**

NEW WEEKLY CLASSES AT AILEY EXTENSION

ADVANCED BEGINNER HIP-HOP with JONATHAN LEE (In-Studio)

This class is designed to introduce hip-hop culture through the element of dance. Beginning with a basic warm-up to stretch and tone the body, this class will challenge every dancer with the dynamics of movement and challenging combinations. In a non-competitive environment, this class encourages individualized style while staying true to the technique. **Thursdays at 7pm ET**

ZUMBA® with WILL NEGRILLO (In-Studio and Online)

High energy and motivating music allow participants to dance away their worries. Zumba® is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to achieve long-term health benefits. Zumba® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Saturdays at 11:30am ET**

In-Studio classes and workshops from Ailey Extension take place at The Joann Weill Center for Dance (405 W 55th Street)
Virtual classes and workshops from Ailey Extension take place on Zoom

ELECTRONIC PRESS KIT

About Ailey Extension

Since its inception in 2005, Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." Ailey Extension offers over 25 different dance and fitness techniques such as Horton, Ballet, Masala Bhangra, West African, Samba, Jazz, Zumba, House and Hip-Hop. Over 135,000 people have taken classes at Ailey's home, New York's largest building dedicated to dance, where dancers of all levels and walks of life can learn and be inspired – body, mind, and spirit! For additional press materials, including photos, videos, and class descriptions, visit pressroom.alvinailey.org.

###