

AILEY EXTENSION

Ailey Celebrates NYC Dance Week June 16th – 25th with FREE Class Offers at the Ailey Extension,
Featuring the June 18th Launch of Brazilian Fitness Technique GingaFlex

Alvin Ailey American Dance Theater's Performances at Lincoln Center Continue Through June 19th



(Left to Right) GingaFlex with Tiba Vieira at The Ailey Extension. Photo by Kyle Froman; Jacquelin Harris and AAADT in Mauro Bigonzetti's *Deep*. Photo by Paul Kolnik.
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(New York) June 13, 2016 – Ailey celebrates [NYC Dance Week](#) – a citywide festival from June 16th – 25th that promotes the joy and diversity of dance – with FREE class offers at [The Ailey Extension](#) and inspiring performances by [Alvin Ailey American Dance Theater at Lincoln Center, through June 19th](#).

The celebration kicks off at the Ailey Studios – home to the incomparable Ailey dancers – on **Thursday, June 16th** and continues through **Saturday, June 25th**, with several free classes each day for new students. NYC Dance Week also launches **GingaFlex**, a brand new fitness technique based on the Brazilian dance/martials arts form [capoeira](#), on **Saturday, June 18th at 12pm**. Founded by capoeira instructor and Brazil native [Tiba Vieira](#), GingaFlex is a challenging full-body workout that increases core strength, flexibility and balance, to help participants get in Olympic shape. This class, along with **Yah'Ya Kamate's [West African](#)** class on **Wednesday, June 22nd at 6:30pm**, will be **FREE for ALL students** (new and returning). No registration is required for these special open classes (all other NYC Dance Week classes require registration [here](#)).

The [NYC Dance Week](#) classes are the perfect way to jumpstart your summer exercise routine. Free classes will be offered in nearly all of the Ailey Extension's 25 techniques, including hip-hop, ballet, Afro-Cuban, and Masala Bhangra. So regardless of your workout style or fitness level, there is sure to be something for you. Click [here](#) for the complete schedule, and [here](#) for the downloadable NYC Dance Week pass, which must be presented for all free classes (new students may take one free class; current students will receive a free class with purchase of a 10-class card).

In addition to these special offerings, New Yorkers will also have the opportunity to be moved by Ailey's extraordinary dancers during NYC Dance Week at **Alvin Ailey American Dance Theater's Lincoln Center engagement at the David H. Koch Theater (through Father's Day, June 19th)**. This season, Ailey's acclaimed dancers will perform a diverse repertory featuring the world premieres of [Deep](#) by acclaimed Italian choreographer **Mauro Bigonzetti** and [Untitled America: Second Movement](#), the second work in a three-part suite by MacArthur "Genius" **Kyle Abraham**. The season also includes new productions of [Vespers](#), Ulysses Dove's breathtaking ballet for six women, and [The Hunt](#), **Robert Battle's** thrilling work for six men. These are all part of over a dozen works performed on five different programs: the Company's newest repertory in **21st Century Voices**, a trio of works by **Dance Trailblazers**, **All Ailey** classics by the Company's founder, works that arose from **Musical Inspirations**, and a quartet of dances that share **Bold Visions**. Click [here](#) for the complete season press release.

Visit alvinailey.org for more information on Alvin Ailey American Dance Theater's Lincoln Center season. For the complete class schedule, visit aileyextension.com.

PRESS:

For additional press materials including photos, video, and class descriptions, visit pressroom.alvinailey.org/the-ailey-extension.

[Electronic Press Kit](#)

The Ailey Extension is located at The Joan Weill Center for Dance 405 West 55th Street (at 9th Avenue).

About NYC Dance Week:

Now in its fifth year, New York City Dance Week collaborates with noted studios in New York City to celebrating the joy and diversity of dance with an exhilarating 10-day festival of FREE dance, fitness and wellness classes. The festival engages the community and families to experience dance, encouraging them to live active, healthy lifestyles. The organization moves beyond traditional dance forms to teach participants how all dance genres benefit mind, body and spirit. The event is held June 16 – 25 at a variety of venues throughout New York City and serves thousands.

About The Ailey Extension:

Since its inception in 2005, The Ailey Extension has fulfilled Mr. Ailey's life-long commitment of bringing dance to everyone by offering "real classes for real people." The Ailey Extension offers of over 80 classes per week in more than 25 different dance and fitness techniques such as [Horton](#), [Ballet](#), [Masala Bhangra](#), [West African](#), [Samba](#), [Jazz](#), [Zumba](#), [House](#) and [Hip Hop](#). All levels are welcome, including beginners! Over 125,000 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!

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