



Dance your way to weight loss
February 6, 2017



If you've hit a rut in your New Year's resolution to lose weight, we've got an inspiring story to help you get moving! The name Alvin Ailey is usually associated with dance performances, not fitness routines, until now!

Check out more from the Ailey class here and their schedule here. And learn more about the choreographer here.

Watch videos here:

<http://pix11.com/2017/02/06/dance-your-way-to-weight-loss/>