

# AILEY EXTENSION

**Ailey Extension Celebrates Women's HERstory Month with Two Special Workshops**

***Women's Health & Fitness Day on Tuesday, March 14<sup>th</sup>***

***Move Your Curves Workshop for the Voluptuous and Curvy with Pretty BIG Movement on Saturday, March 25<sup>th</sup>***



*Left to right: Pretty BIG Movement. Pretty BIG Movement Founder & CEO Akira Armstrong. Zumba at Ailey Extension. Photo by Kyle Froman.*

**(New York) March 10, 2017** – To celebrate Women's HERstory Month in March, Ailey Extension presents two workshops to promote health awareness and empower women of all shapes and sizes. On **Tuesday, March 14<sup>th</sup> at 7 p.m.** three of Ailey Extension's top dance and fitness instructors – **Sarita Allen, Karen Arceneaux, and Sarah Rozek** – lead a [Women's Health and Fitness Day](#) workshop. On **Saturday, March 25<sup>th</sup> at 7 p.m.** [Pretty BIG Movement](#)'s founder and CEO **Akira Armstrong** instructs the [Move Your Curves](#) workshop designed for voluptuous, plus-sized women.

Students bodies will be sculpted, tightened, and toned during the March 14<sup>th</sup> **Women's Health and Fitness Day** workshop through three 30-minute class demonstrations led by Pilates/Ailey barre instructor Sarita Allen, Zumba instructor Sarah Rozek, followed by Horton/Zumba instructor Karen Arceneaux. In this cardio-intensive and restorative workshop, participants will learn heart-healthy exercises alongside women of all ages.

In partnership with Pretty BIG Movement, the full-figured dance company based in New York City, students will learn various genres of dance such as hip-hop, jazz, and ethnic during the March 25<sup>th</sup> **Move Your Curves** workshop from instructor Akira Armstrong – a Bronx native, former Ailey School student, and backup dancer in two of Beyoncé's music videos. Pretty BIG Movement hosts dance workshops in the tristate area to the plus-sized community, creating a No Judgment environment welcoming women of all shapes. In recent years, the group has performed in VH1's Female Hip-Hop Honors, NBC's *America's Got Talent* (Season 10), Ms. Full Figured USA pageant, and appeared in Lane Bryant campaigns "I Am No Angel" and "Plus is Equal."

Each month, Ailey Extension offers several technique workshops and classes for students to sharpen their dance skills, including [NY Style Mambo](#) with Katherine Jimenez, [Afro Flow Yoga™](#) with Pilin Anice, [The Samba Reggae Workout™](#) with Quenia Ribeiro, and [Kukuwa® African Dance Workout](#) with Cassandra Nuamah.

To register for these workshops and for the complete Ailey Extension schedule, visit [aileyextension.com](http://aileyextension.com).

## UPCOMING WORKSHOP HIGHLIGHTS

### Women's Health and Fitness Day

Sarita Allen, Karen Arceneaux, and Sarah Rozek  
Tuesday, March 14<sup>th</sup> at 7 p.m. / \$25

### Move Your Curves

Pretty BIG Movement's Akira Armstrong  
Saturday, March 25<sup>th</sup> at 7 p.m. / \$30

## **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 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! For additional press materials, including photos, videos, and class descriptions, visit [pressroom.alvinailey.org](http://pressroom.alvinailey.org).

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