

AILEY[®] EXTENSION

REAL CLASSES FOR REAL PEOPLE

GET YOUR HEART PUMPING WITH AILEY EXTENSION DURING AMERICAN HEART MONTH

Class of the Week: Find Your Groove with a \$15 Dance or Fitness Class this February

Valentine's Day Salsa: Celebrate the Day of Love and Friendship on the Dance Floor with Holiday Discount



*Afro Flow Yoga with Pilin Anice at Ailey Extension. Photo by Christian Miles; Salsa at Ailey Extension. Photo by Christian Miles; Hip-Hop at The Ailey Extension. Photo by Kyle Froman. **CLICK ON PHOTOS FOR HIGH-RES DOWNLOAD.***

(New York) February 4, 2019 – This February, **Ailey Extension** welcomes students to the Joan Weill Center for Dance – New York’s largest building dedicated to dance and home of Alvin Ailey American Dance Theater – to adopt heart healthy behaviors through new and exciting dance and fitness classes for everyone. During **American Heart Month**, join us on the dance floor to improve cardiovascular health and lower the risk for developing heart disease with Ailey Extension’s **Class of the Week**, a one-time-only discounted class that will be announced each Monday during the month of February. Students can keep their heart rate up with friends, loved ones, coworkers, and others in the Ailey community during a special **Valentine’s Day Salsa** class that will get everyone moving and grooving to the rhythms of passionate Latin music and dance. Ailey Extension’s “real classes for real people” are open to dancers of all levels and backgrounds – including absolute beginners.

Heart disease is the leading cause of death for men and women in the United States, but fortunately, it can often be prevented when people make healthy choices and manage their wellness. **Ailey Extension** offers an array of weekly dance and fitness classes to help people of all ages, levels, and backgrounds incorporate fun and exhilarating physical activity into their everyday lifestyle. To raise awareness around cardiovascular health throughout the month of February, Ailey Extension will announce a **Class of the Week** each Monday that will be **specially priced at \$15** (regularly \$22). Each spotlighted class will give students not only a chance to learn new technique, but an experience with history and culture as they move to the rhythm and achieve healthy heart goals. To participate, follow [Ailey Extension on Instagram](#) and check the page every Monday in February at noon to find instructions on how you can join in on the high-energy fun.

Later in the month, grab a partner or come meet new people on the dance floor for Ailey Extension’s **Valentine’s Day Salsa Class** on **Thursday, February 14 at 6:30pm**. Students can take advantage of a special holiday discount and pay **\$35 for two students, or \$20 for one student**. Led by [BAILA Society’s](#) world class instructors, class will start with exercises to get people moving comfortably and confidently to Latin rhythms before transitioning into fundamental salsa footwork, called “shines” in New York City. The class features BAILA Society’s “Salsa 7,” the seven most popular figures in their most

basic form and the foundation of partner work in NYC style salsa. No dance experience is necessary to enjoy this heart-pumping class. Sign-up for Valentine's Day Salsa is available at [online](#) or at the Ailey Extension desk.

Ailey Extension makes dance accessible to people of all ages, levels, and backgrounds through a diverse array of dance and fitness classes offered seven days a week in the morning, afternoon, and evening. These programs expand on the legacy of founder Alvin Ailey who believed that "dance came from the people and that it should always be delivered back to the people." For the complete Ailey Extension weekly class schedule, visit www.aileyextension.com.

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.

###