

THE AILEY EXTENSION

ALL NEW YORKERS ARE INVITED TO JOIN IN THE DANCE AS THE AILEY EXTENSION CELEBRATES 10 YEARS THIS APRIL WITH NEW CLASSES AND SPECIAL EVENTS!

Get Fit for Summer with New Classes—**The Ailey Barre & Body Weight Boot Camp**—and Monthly Favorite **Afro Flow Yoga®**

10 Year Celebration Includes a **10th Anniversary Party** on **April 17**, and More!



(L to R) Sarita Allen teaching The Ailey Barre, photo by Christina Daniels; Extension instructors and Lisa Johnson-Willingham, photo by Chandra Jackson; Leslie Salmon Jones in Afro Flow Yoga, photo by Kadri Kurgun. (CTRL + CLICK ON PHOTOS FOR HI-RES DOWNLOAD) Please Credit Photos

(New York) April 7, 2015—The Ailey Extension celebrates 10 years of dance and fitness classes this April with a variety of new classes and special events. Since its inception in 2005, the Ailey Extension has fulfilled Alvin Ailey’s life-long commitment of bringing dance to everyone by offering “real classes for real people.” The Ailey Extension offers over 80 of the city’s most diverse classes per week in more than 25 different dance and fitness techniques. Over 80,000 people—from celebrities to businessmen, college students to grandmothers—have enjoyed classes in the beautiful Ailey studios at New York’s largest building dedicated to dance.

10 years after its inauguration, the Ailey Extension remains at the forefront of dance and fitness programs, offering real classes for real people. Those looking to get in shape for the summer can try two new classes—[Body Weight Boot Camp](#), beginning Thursday, April 9 and [The Ailey Barre](#), beginning Thursday, April 16—or monthly highlight [Afro Flow Yoga®](#) on Sunday, April 19. And everyone is invited to celebrate a decade of fun and fitness at [The Ailey Extension 10th Anniversary Party](#) on Friday, April 17 at 8pm. The evening will include prizes, refreshments, and dancing in celebration of the program and the 9 current instructors who have been motivating students since its inception in 2005. In addition, for the month of April the Ailey Extension will offer a **free class** with the purchase of the **first-ever Ailey Extension T-shirt** available at the Ailey Boutique, plus opportunities to win discounted classes.

Whip yourself into shape in **Body Weight Boot Camp**, a six-week intensive on Thursdays at 7:30pm, beginning April 9, created to increase strength, endurance, and flexibility. Whether your goal is to lose weight, sculpt and tone, or take your fitness game to the next level, personal trainer and dancer [Karen L. Arceneaux](#) will help you reach those goals while having fun. The Boot Camp incorporates a variety of exercises that will transform participants both physically and mentally. Each week will bring new challenges, pushing participants to new heights.

The Ailey Barre is a weekly class on Thursdays at 6pm, beginning April 16, designed to help students increase flexibility and exude power and grace. Taught by former Ailey dancer and current Ailey Extension Pilates instructor [Sarita Allen](#), the class will focus on sculpting the body through barre training to develop longer, leaner muscles. The extreme core strengthening exercises will use resistance cables, yoga straps, and blocks, to assure proper body alignment and optimum results.

Additionally, join us for monthly highlight **Afro Flow Yoga®** on Sunday, April 19 at 3:30pm. This workshop fuses electrifying African dance movements, meditative yoga sequences, and powerful stretches. Connect with the soulful rhythms of live drumming, energize your chakras, gain strength and flexibility, and rejoice in the bliss of feeling grounded and peaceful. Creator [Leslie Salmon Jones](#) guides students through natural movements to free the mind and body from stress. Through the power of collective energy and the creation of sacred space, students will leave feeling empowered, energized, and renewed.

Finally, celebrate the past 10 years, and toast to the future of The Ailey Extension at the **10th Anniversary Party** on Friday, April 17 at 8pm. The evening will feature giveaways, music, dancing, and more.

“This program was built on the legacy of Alvin Ailey, so it was imperative not only to have phenomenal teachers but instructors that could promote the importance of Mr. Ailey’s legacy while teaching dance to the community,” said [Lisa Johnson-Willingham](#), Director of the Extension since 2011. “The majority of our instructors today have been a part of the Ailey family for more than a decade, so they can bring with them the spirit of this organization and share it with our students.”

Join Johnson-Willingham in saluting instructors [Robin Dunn](#), [Maguette Camara](#), [Vic DiMonda](#), [TweetBoogie](#), [Jonathan Lee](#), [Quenia Ribeiro](#), and former Ailey dancer [Joan Peters](#), who have all taught at the Extension since its inaugural year a decade ago. Many of them will be in attendance at the Party, in addition to House instructor [Eddie Stockton](#), who will spin tunes as DJ Dancer, along with his Strugglers Movement partner DJ Styff. The 10th Anniversary Party is a unique opportunity for students and instructors past, present, and future to get together and celebrate with food, fun, and fitness!

For the 10th Anniversary, the Ailey Extension will offer a **free class** with the purchase of the first-ever **Ailey Extension T-shirt** available at the Ailey Boutique. For the month of April, students can bring their Ailey Boutique T-shirt receipt to the Extension desk to redeem a free class.

Another April highlight is [Broadway Jazz](#) with guest artist and Broadway veteran **Deidre Goodwin** (*Chicago, A Chorus Line*) on Saturdays at 6pm, beginning April 11. Known for her fun, sexy, cool approach to movement, this four-week class emphasizes jazz technique, style, and the importance of telling a story through dance.

APRIL CLASS HIGHLIGHTS:

[Body Weight Boot Camp](#)

Thursdays: April 9, 16, 23, 30, May 7*, 14*; 7:30-8:30pm, *7-8pm; \$150 for 6-week session/\$35 single class

[Guest Artist: Broadway Jazz with Deidre Goodwin](#)

Saturdays: April 11, 18, 25, May 2; 6-7:30pm; \$18

[The Ailey Barre](#)

Thursdays: beginning April 16; 6-7pm; \$18

[Afro Flow Yoga](#)

Sunday, April 19; 3:30-5pm; \$20

10TH ANNIVERSARY HIGHLIGHTS:

[The Ailey Extension 10th Anniversary Party](#)

Friday, April 17; 8-10pm; \$10/\$20 VIP (includes entry and limited edition Extension tank top)

Free Class with Purchase of Ailey Extension T-Shirt

Through April; \$18 per T-shirt

For the complete Ailey Extension schedule or to register, visit www.aileyextension.com.

For more information on group visits or to schedule your trip, visit the group visits page [here](#).

PRESS:

For additional press materials including photos, video, and class descriptions please visit the links below or <http://pressroom.alvinailey.org/>

[Electronic Press Kit](#)

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 75,000 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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