

AILEY EXTENSION

AILEY EXTENSION REVEALS WORKSHOPS RELATED TO AILEY'S NEW YORK CITY CENTER SEASON, NEW CLASSES, AND HOLIDAY PROMOTIONS

Step into the World of an Ailey Dancer at Workshops Led by Ailey Rehearsal Director Matthew Rushing, Lauded Choreographer Ronald K. Brown and Master Trainer Steven Lopez

Explore the Richness and Rhythms of Rumba, Street Jazz and Samba in New Weekly Classes

Commemorate Veterans' Day with Discounted Rates for Armed Forces and Celebrate Friendsgiving at Zumba® Workshop with Sonny Ortiz



Street Jazz with Kim Holmes at Ailey Extension. Photo by Kyle Froman; Matthew Rushing. Photo by Eduardo Patino; Zumba Class at Ailey Extension. Photo by Emily Cannarella. [CLICK ON PHOTO FOR HIGH-RES DOWNLOAD](#)

(New York) November 5, 2019 – Boost your dance skills at [Ailey Extension](#) this November with specialized workshops and new classes led by Ailey's extended family of movement experts. Dancers of all experience levels will have several chances throughout the month to train with the esteemed choreographers and trainers helping Ailey dancers prepare for the upcoming holiday season engagement at New York City Center. This month's workshops allow dancers to receive hands-on modern dance coaching with **Ailey Rehearsal Director Matthew Rushing**; learn a spiritually refreshing mix of modern and African dance from celebrated **Choreographer Ronald K. Brown**, whose work remains part of Ailey's current repertory; and build endurance fit for a dancer with **Master Trainer Steven Lopez**, who trains his Ailey dancer wife Constance Stamatou between performance seasons. With new workshops, classes, and promotional deals, students have a wider range of opportunities to sharpen their dance skills.

Dancers can explore new techniques and build their skills during any of three new weekly classes. Afro-Cuban Dancer Liethis Hechavarria – daughter of Ailey Extension's crowd-pleasing Afro-Cuban Folklore Instructor LA MORA – will teach the history, shines and styles of **Rumba** accompanied by live drums; National Samba Star Danielle Lima will help students of all levels refine their skills in an **Open Samba/Afro-Brazilian** class; and Master Teacher Kim D. Holmes will bring out the best of each student in a high energy **Beginner Street Jazz** class.

This month, Ailey Extension will continue to show gratitude by introducing discounted rates on weekly classes to our armed forces. Starting Tuesday, November 11 and continuing indefinitely, all veterans and active-duty military personnel can purchase a single class for \$18.50 (regularly \$22), a 5-class card for \$90 (regularly \$95), or 10-class card for \$175 (regularly \$180), or 20-class card for \$320 (regularly \$340).

The Ailey family also welcomes all to bring a buddy to enjoy a “fun and easy to do” post-Thanksgiving dance workout set to Latin and international music during **Friendsgiving Zumba®** with Sonny Ortiz. This year’s Black Friday promotion allows dancers to apply the BuddyPass package – a \$40 for two students deal typically reserved for weekly classes – to the Friendsgiving Zumba® workshop when they register in-person with a friend. Throughout November students can also drop-in on recurring workshops **Afro Flow Yoga** with Gina Onayiga, **Move Your Curves** with Pretty BIG Movement, and **Doun Doun Dance** with Maguette Camara.

Each new class and workshop present an additional opportunity for novice and professional dancers alike to explore new dance styles, refine their technique, and connect with others in the NYC dance community while being taught by the city’s top instructors at the **Joan Weill Center for Dance** – home of the world-renowned Alvin Ailey American Dance Theater, Ailey II, and The Ailey School. For further information about workshops and classes at Ailey Extension, and to register, visit www.aileyextension.com.

SPECIAL WORKSHOPS

DANCE BOOTCAMP WITH STEVEN LOPEZ

Train like an Ailey dancer during **Dance Bootcamp** with Master Trainer Steven Lopez! You’ll gain strength using your own body weight to do specific movements in four alternate stations designed to sculpt and build endurance for your muscles. Students will participate in high energy exercises that allow your body to move naturally with full range motion to increase your metabolism and tone your entire physique. **Saturdays November 9, 16 and 23 from 9:30am-10:30am.**

RONALD K. BROWN WORKSHOP

Learn from one of today’s most celebrated choreographers as **Ronald K. Brown** takes his unique dance storytelling from the stage to the Ailey Studios on **Wednesday, November 13 from 7pm-9pm!** This workshop fuses modern dance technique with West African movements including traditional and social dance forms from the US, Senegal, Cuba and Ivory Coast to develop your versatility and ability to move from one style to the next.

MODERN DANCE WORKSHOP WITH MATTHEW RUSHING

Gain hands-on coaching from Alvin Ailey American Dance Theater’s rehearsal director in this **Modern Dance Workshop with Matthew Rushing**. On **Saturday, November 23 from 5pm-7pm**, the veteran Ailey dancer will focus on tools that are useful for dancers of all levels to access a deeper and more articulate way of moving within the modern dance technique. Class will consist of a basic modern warmup, across the floor, a dance combination and discussions to help provide understanding and clarity of movement.

FRIENDSGIVING ZUMBA® WITH SONNY ORTIZ

Dance off that Thanksgiving stuffing with the whole squad at **Friendsgiving Zumba®** with Sonny Ortiz! This Latin-based fitness workshop will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Bring a friend and share the cost by purchasing a BuddyPass package (\$40 for two students) at the Ailey Extension desk. **Friday, November 29 from 12:30pm-2pm.**

NEW WEEKLY CLASSES

BEGINNER STREET JAZZ WITH KIM D. HOLMES

Spend **Saturdays from 5pm to 6:30pm** learning the basics of street jazz through innovative choreography. This high energy class infuses foundations of house, hip hop, and contemporary with aspects of Voguing/Wacking, and is designed to challenge every dancer to enjoy the love of movement. Students will work on lines and rhythm and develop stamina, body awareness, execution and technique.

RUMBA WITH LEITHIS HECHAVARRIA

Explore the history, shines and different styles of Rumba (Guaguanco, Yambu, and Columbia) on **Mondays from 7:30pm-9pm** as you tap into your body movement and relationship between the dance and the music. Students will learn the ability to infuse traditional and popular Cuban dance styles, allowing them to improvise by themselves and with a partner.

OPEN SAMBA/AFRO-BRAZILIAN WITH DANIELLE LIMA

Learn and/or improve your Samba no pé technique, posture and performance skills each **Tuesday from 7:30pm-9pm**. This open level class covers the basic steps of samba for novice dancers and helps more experienced dancers improve stamina and increase their variety of movements.

ADDITIONAL WORKSHOPS

AFRO FLOW YOGA

Find your center during an **Afro Flow Yoga** workshop which infuses electrifying dance movements of the African Diaspora flowing with a meditative yoga sequence of gentle yet powerful stretches. You will deeply 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. Afro Flow workshops take place on **Sundays, November 10, November 24 and December 8, December 15 and December 22 from 2pm – 4:30pm.**

MOVE YOUR CURVES

Surround yourself with fellow confident plus size women who share your passion for dance in the **Move Your Curves** workshop. Ailey Extension is partnering with Pretty BIG Movement to present monthly workshops specializing in hip-hop, jazz, ethnic and other dance styles in a judgment-free environment. Move Your Curves workshops take place on **Saturdays, November 16 and December 14 from 7pm – 9pm.**

DOUN DOUN DANCE WORKSHOP

Connect with the classic doun doun drums, which serve as the foundation of West African music and dance as you learn about their significance during a **Doun Doun Dance** workshop. Maguette Camara will teach students to dance and play the doun doun drum simultaneously, creating a powerful connection of West African movement and sound. Doun Doun Dance workshop will be held on **Wednesday November 20 from 7pm-8:30pm.**

In addition to these exciting new workshops and classes, Ailey Extension offers more than 90 weekly classes in over 25 different dance and fitness techniques, including ballet, jazz, Dunham, Zumba, West African, Salsa, Pilates, Masala Bhangra, and many more. For the complete class schedule or to register, visit www.aileyextension.com.

**All Ailey Extension classes and workshops take place at The Joan Weill Center for Dance
(405 West 55th Street, New York, NY 10019)**

ELECTRONIC PRESS KIT

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.