

AILEY EXTENSION

FIT AND FABULOUS FUN DURING NATIONAL PHYSICAL FITNESS MONTH WITH VIRTUAL CLASSES AND SPECIAL WORKSHOPS AT AILEY EXTENSION

Dive into a Month of Motion with Lively Zumba® Class on May 1

Move and Groove in a High Energy Hip-Hop Workshop on May 6

Give the Gift of Dance and Celebrate the Special Woman in Your Life with
Mother's Day Weekend BellydanceBURN Workshop on May 8

Shift into Energetic Rhythms During NY Style Mambo Workshop on May 22



Hip-Hop with Jonathan Lee at Ailey Extension. Photo by Kyle Froman; BellydanceBURN at Ailey Extension. Photo by Kyle Froman; Zumba® at Ailey Extension. Photo by Emily Cannarella.

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(New York) April 22, 2021 – [Ailey Extension](#) invites people around the world to have fun being fit and fabulous during **National Physical Fitness Month** in an array of virtual classes and special workshops. During the month of May, students are encouraged to [keep dancing](#) and experience the physical and mental benefits of dance, including improved strength and flexibility, coordination, endurance, and decreased stress. All are welcome to celebrate by moving and grooving with popular instructors in **National Fitness Day Zumba® class on Saturday, May 1**, a **Hip-Hop Workshop on Thursday, May 6**, a special **Mother's Day weekend BellydanceBURN workshop on Saturday, May 8**; and a **NY Style Mambo Workshop on Saturday, May 22**.

Set the tone on **National Fitness Day** in a fun and accessible [Zumba®](#) class led by [Karen Arceneaux](#) on **Saturday, May 1 at 3:30pm EDT**. The high energy music motivates all levels to dance away their worries in routines featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Mark the return of [Jonathan Lee](#) to Ailey Extension on **Thursday, May 6 at 6:30pm EDT** by enjoying a beginner level [Hip-Hop Workshop](#). Jonathan will lead students through the foundations of hip-hop technique with a focus on coordination and musicality. Building on basic body isolations and precise movements, the hip-hop combinations will encourage individualized style and performance quality.

Invite your mothers, grandmothers, and mother figures to join in the fitness fun during a [Mother's Day BellydanceBURN Workshop with Janelle Issis](#) on **Saturday, May 8 at 3pm EDT**. Janelle's one-of-a-kind, high energy, booty shaking, shoulder-shimmying class makes you feel empowered and beautiful in your own skin. This experience is a fantastic way for dance and fitness enthusiasts to create new memories as they bond with their maternal figures.

On **Saturday, May 22 at 4pm EDT** [Katherine Jimenez's](#) workshop welcomes students to learn the foundation of [NY Style Mambo](#), a flirtatious dance that features points, kicks, exaggerated hip movements, and sharp quick steps. Originally from Cuba, the Mambo is enjoyed throughout the world because of its high energy and infectious rhythms. This beginner level workshop will focus on the fancy solo footwork known as "open shines" and aims to bring some Classic NY Style Mambo back to its roots.

Ailey Extension adds a new class to its diverse weekly schedule that will get movers of all levels on their feet this spring – [Beginner Horton](#) with **Fernando Carrillo** on **Mondays at 7pm EDT**, Fernando will guide students through the fundamentals of Horton, the technique seen in many of Alvin Ailey's classic works. The class will consist of studies to stretch and strengthen different areas of the body as well as simple combinations to introduce musicality and dynamics to the beginning dancer's vocabulary.

Share the joy of dance with your loved ones by purchasing a gift card as a present for Mother's Day, birthdays, anniversaries, or any other special occasion. Gift certificates can be purchased online, personalized with a message, and sent directly to the recipient at a date of your choosing. Options are available for a single class, 5 classes, or 10 classes, or can be customized for a specific amount.

With more than 40 weekly classes during Physical Fitness Month this May, Ailey Extension's online offerings allow students all over the world to explore different dance styles seven days a week. For more details about Ailey Extension's variety of class options – which include hip-hop, ballet, Horton, West African, Zumba®, samba, contemporary, Pilates, Broadway Jazz and more – students can visit alvinailey.org/extension.

VIRTUAL WORKSHOPS & NEW WEEKLY CLASSES FOR ADULTS

HIP-HOP WORKSHOP with JONATHAN LEE

Welcome Jonathan Lee back to the Extension with a hip-hop workshop! Students will dive into the foundations of the style with a focus on coordination and musicality while building on basic body isolations, precision, and performance quality. Learn detailed combinations that encourage individualized style while staying true to the technique. **Thursday, May 6 at 6:30pm EDT**

NY STYLE MAMBO WORKSHOP with KATHERINE JIMENEZ

Originally from Cuba, the Mambo is enjoyed throughout the world because of its high energy and infectious rhythms. NY Style Mambo had its humble beginnings at the infamous Palladium Ballroom. This style is a flirtatious dance component that includes the basics, body movement, steps, footwork, and timing. Learn the foundation of Mambo dancing with occasional points, kicks, and exaggerated hip movements combined with long, flowing movements and sharp quick steps. This beginner-level workshop is an open shines class that aims to bring some classic NY Style Mambo back to its roots. **Saturday, May 22 at 4pm EDT**

MOTHER'S DAY BELLYDANCEBURN WORKSHOP with JANELLE ISSIS

Invite your mothers, grandmothers, and mother figures to create new memories with you by spending quality time on the virtual dance floor in this special Mother's Day workshop. BellydanceBURN is Janelle's one-of-a-kind, high energy, booty-shaking, shoulder shimmying class that makes you feel empowered and beautiful in your own skin! The style is a fusion of exotic beats and international rhythm that combine classic Egyptian & modern bellydance techniques with changing cardio intervals. **Saturday, May 8 at 3pm EDT**

BEGINNER HORTON with FERNANDO CARRILLO

This class will teach students the basic fundamentals of the Horton technique, the foundation of choreography performed by the Alvin Ailey Dance Company. The class will consist of studies to stretch and strengthen different areas of the body. Many of the beginning level studies which are taught will include flat backs, primitive squat, lateral stretches, release swings, leg swings, deep lunges, and T positions. Simple combinations are taught to introduce musicality and dynamics to the beginning dancer's vocabulary. **Mondays at 7pm EDT starting May 3**

Weekly classes and special workshops from Ailey Extension take place virtually on Zoom

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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.

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