

AILEY EXTENSION

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

**Special Workshops Include High Energy Hip-Hop on May 6, Mother's Day Weekend
BellydanceBURN on May 8, NY Style Mambo on May 22**

Honor the Life and Legacy of Legendary Judith Jamison During May 10 Birthday Celebration

**Hearts of Men Weekend Program May 21-23 Promotes Conversation and Healing
Among Men with Panel, Story Sharing, and Master Classes Led by Earl Mosley
and Hip-Hop Icon Rennie Harris**

New Weekly Classes Include Wednesday Morning Jumpstart with Renee Robinson

Share the Joy of Dance with Personalized Gift Cards for Mother's Day or Other Occasions



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.

[CLICK PHOTOS FOR HIGH-RES DOWNLOAD](#)

(New York) May 5, 2021 – [Ailey Extension](#) has kicked off **National Physical Fitness Month with an invitation for people around the world to have fun being fit and fabulous during 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 during a **Hip-Hop Workshop on Thursday, May 6**, a special **Mother's Day weekend BellydanceBURN workshop on Saturday, May 8**; a **Kids & Teens West African Workshop on Saturday, May 15**, and a **NY Style Mambo Workshop on Saturday, May 22**. Two new weekly **Beginner Horton** and **Morning Jumpstart** classes give dancers even more opportunities to get their fitness fix on a consistent basis.**

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.

Following [Alvin Ailey American Dance Theater's Mother's Day Matinee premiere of a new film adaptation of Cry](#), Alvin Ailey's beloved piece which was choreographed as a birthday present for his mother and first danced by the legendary [Judith Jamison](#), fans are encouraged to join a livestreamed panel [Celebrating Judith Jamison](#) on her birthday **Monday, May 10 at 7:30pm EDT**, where revered Ailey women will discuss her groundbreaking influence in the world of dance and unparalleled contribution to the Ailey organization and American culture. Former Company members [Sarita Allen](#), Linda Denise Fisher Harrell, [Renee Robinson](#), [Linda Celeste Sims](#), Dwana Smallwood and [Nasha Thomas](#) will join Director of Ailey Extension [Lisa Johnson-Willingham](#) to discuss Judith Jamison's impact as a living legend and her effect on their careers before leading everyone in a birthday tribute when Judith Jamison joins the festivities.

Dancers can keep moving as they explore various forms of Afro-Cuban dance during **La Mora's** monthly [Afro-Cuban Live](#) workshop on **Saturday, May 15 at 2pm EDT**. Filmed with live music accompaniment in the beautiful Ailey Studios, this workshop embraces an accessible path to understanding dance through the quality of movement and cultural context. As a special bonus, an [Afro-Cuban On-Demand](#) class will be made available from **May 16 - 23**.

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.

From **Friday, May 21 – Sunday, May 23**, **Earl Mosley's** [Hearts of Men Workshop](#) creates a safe space for male artists ages 13+ to challenge mind and body with dance and dialogue. The three-day experience kicks off on Friday evening with a free My Brother's Keeper panel featuring prominent artists and activists inspiring health and healing among men of color. On Saturday, May 22, participants will enjoy an Improv Lab designed to stimulate reflection, critical thinking, and encourage imagination, followed by a movement masterclass led by Earl Mosley, and ending with a 15-minute reflection. Sunday's workshop will start with a hip-hop masterclass led by Rennie Harris, before a performance workshop encouraging confidence and individuality with expression and ending in a 15-minute reflection. Family members are encouraged to participate together in this virtual community that encourages growth while forging healthy and supportive relationships.

Ailey Extension adds two new classes 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** and [Morning Jumpstart with Renee Robinson](#) on **Wednesdays at 8am EDT**. Fernando will guide dancers through the fundamentals of Horton, the technique seen in many of Alvin Ailey's classic works. Each week celebrated Ailey dancer Renee Robinson will help students start their morning with high energy movement class featuring rhythmic cardio dance moves and upbeat music. Both classes will teach dancers simple combinations and leave them feeling energized.

Children ages 8-13 can also learn to make dance a part of their active lifestyle during a [Kids & Teens West African Workshop](#) with **Sherece Donalds** on **Saturday, May 15 at 11am EDT**. This lively class will focus on the fundamentals of traditional West African dance with an emphasis on helping young dancers understand the accompanying drum rhythms.

Share the joy of dance with your loved ones by purchasing a gift card as a present for Mother's Day, Father's Day, graduations, 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 30 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**

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**

CELEBRATING JUDITH JAMISON

During the month of May in honor of the 50th anniversary of Mr. Ailey's masterpiece 'Cry' and Judith Jamison's birthday, Ailey Extension would like to celebrate Ms. Jamison's tireless advocacy for the arts through her tenacity, creativity, hope, and discipline. Her efforts in dance excellence are only a small part of her unparalleled contribution to the Ailey organization, dance world, and beyond. Join us for a discussion via Zoom on Judith Jamison's endless impact on the community with a panel of celebrated Ailey women as they discuss Ms. Jamison's influence on their careers. **Monday, May 10 at 7:30pm EDT**

AFRO-CUBAN WORKSHOP with LA MORA

This workshop is intended to create a movement environment that explores the various forms of Afro-Cuban dance tradition. While practicing different movements representing the Orishas (deities from the African traditions brought to Cuba), La Mora will discuss the form's history and its importance to each movement. Based on each dancer's skill, knowledge, and experience, La Mora allows participants to embrace an accessible path to understanding dance through the quality of movement, and cultural context. **Saturday, May 15 at 2pm EDT or On-Demand March 16-23**

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**

HEARTS OF MEN

[Earl Mosley](#), together with [Dudley Williams](#), [Clifton Brown](#), [Matthew Rushing](#), and [Brian Harlan Brooks](#) created Hearts of Men as a safe space where male dancers could come together to share life experiences through the power of movement. This weekend program is a virtual experience to engage through community, movement, and dialogue. Available to all who identify as male, whether age 13 or 90, via Zoom. We highly encourage families to participate together. This program creates the space to build with each other while forging life-long, healthy, and supportive relationships as a dance community. As the late great Dudley Williams, a dancer with Martha Graham Dance Company and Alvin Ailey American Dance Theater, said about this uplifting program, "I can't explain it, you just have to feel it and see it, but it's extraordinary." **Friday, May 21 – Sunday, May 23**

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**

MORNING JUMPSTART with RENEE ROBINSON

Start your morning with a high-energy movement class taught by celebrated Ailey dancer Renee Robinson. With rhythmic cardio dance moves and upbeat music, this class will leave you feeling energized and ready to take on the day! **Wednesdays at 8am EDT starting May 5**

VIRTUAL WORKSHOPS FOR CHILDREN

KIDS & TEENS WEST AFRICAN WORKSHOP with SHERECE DONALDS

Join Sherece Donalds for kids and teens-only workshop focused on the fundamentals of traditional West African dance with an emphasis on an understanding of the accompanying drum rhythms. **Saturday, May 15 at 11am EDT**

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

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.

###