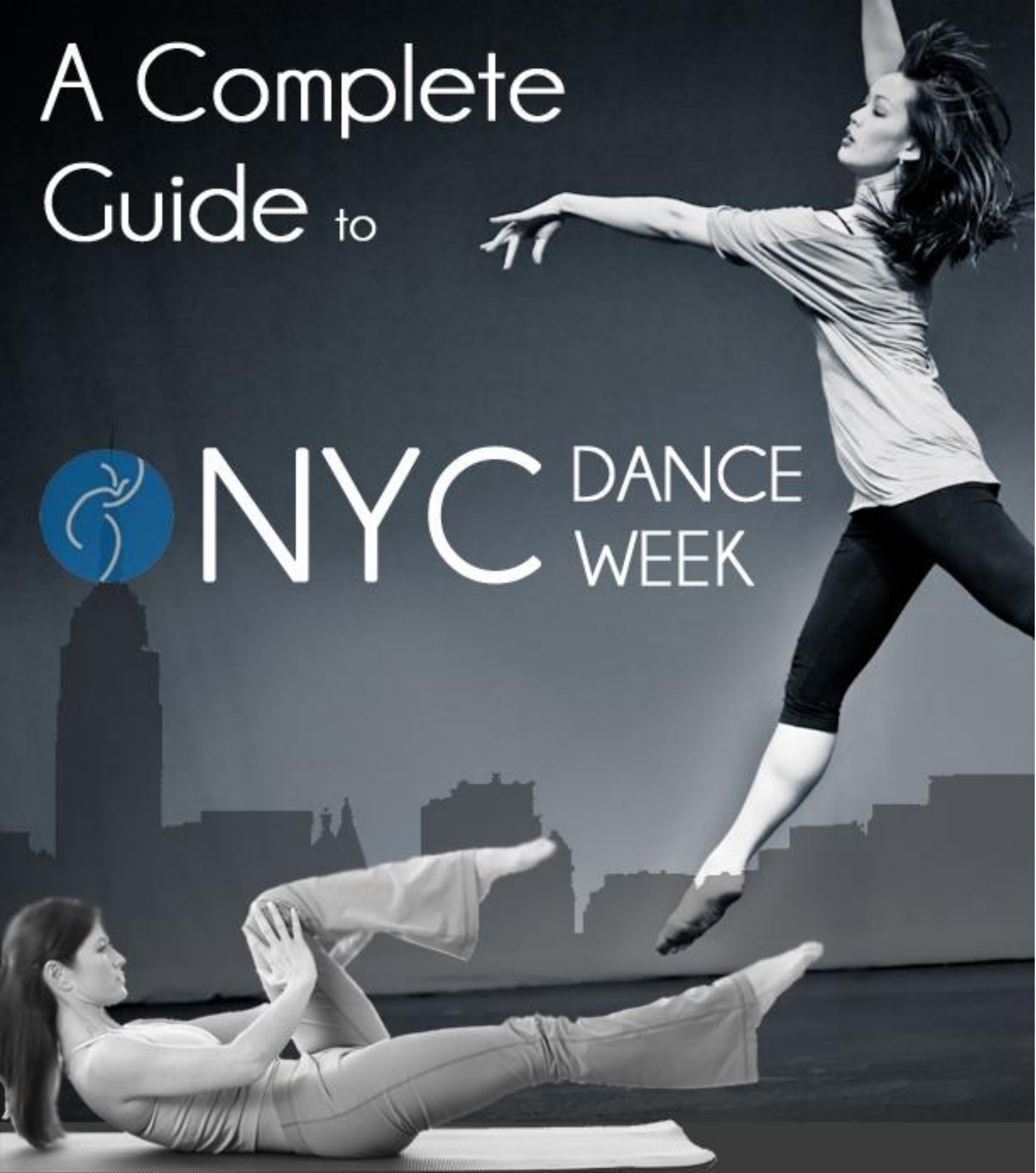


A Complete Guide to



NYC DANCE WEEK



NYC Dance Week is the time to try something new!

Take the classes you've heard rave reviews about or have always secretly wanted to try, learn from instructors who want to help you improve your health and feel good about your body - and do it all for FREE during NYC Dance Week!



LEVEL DEFINITIONS:

Absolute Beginner Level

No prior experience needed. Chances are if you can't properly pronounce the name of the class, you should try the Absolute Beginner Level first.

Beginner Level

Contrary to the definition of the word "beginner," in New York, Beginner Level dance-based classes are for those who have taken the class at least a few times before. Beginner Level fitness-based classes, however, are truly for beginning level students.

Advanced Beginner Level

Think of the time in between diapers and big kid underpants. This level is for those who have anywhere between 1-3 years experience in the style or technique of the class offered.

Intermediate Level

As it sounds, Intermediate Level classes are for those who have had some movement-based experience for at least 3-5 years.

Intermediate/Advanced Level

So you think you're pretty much a diva at this level. You have at least 5+ years of movement-based experience in a particular style.



WHAT LEVEL AM I...

If you currently work out at the gym, take Pilates, yoga or another type of fitness class but have not tried a dance class, start with beginner level dance class.

If you are recovering from injury, are pregnant or are recently post-pregnancy, try beginner level classes or more slower-paced classes like restorative yoga or gentle yoga.

If you are working towards fitness goals such as weight loss, toning, definition, or improving technique, try beginner to advanced-beginner level classes. These classes will challenge you enough for you to 'feel' the workout after class.

If you just want to learn new styles and to try different classes, take basic or beginner level classes to learn the fundamentals.

If you want to improve your technique in any style, try lower-level classes and work one or two smaller goals while in class. For example, if you are working on increasing your turnout or improving balance or coordination, try a slower-paced class so that you can focus on your goals, rather than focusing on staying with the pace of more difficult classes. Talk to the instructor before class, as the instructor will help you!

If you are an experienced dance and fitness enthusiast, take classes that you know and love, but also try classes that are new to you. You might find a new studio, instructor, or style that appeals to you. You never know what you may discover when you try something new!

Notes:

Don't be afraid to challenge yourself by trying something new or push yourself to new levels. It's good to know what your short-term goal looks like. Dance Week is the perfect time to try new classes, learn new styles of dance and fitness, have fun, push the envelope, have fun, yes I said it twice....

Have a great time during NYC Dance Week 2014

See you in Class!

*Highlighted classes are offered by our Partner and Premier Studios.

DAY 1: THURSDAY, JUNE 19

7-8AM	Sunrise Yoga, level 2 – MANG’OH YOGA - INT
8:15-9:15AM	Yoga – BALLET ACADEMY EAST - BEG
8:30-9:30AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
9-10AM	Intro to Tower – Power Pilates - BEG
9AM	Cardio Hip Hop – VIBEZ STUDIO - BEG
9:30AM	Pilates Synthesis – MOVING STRENGTH (W 79 TH ST.) - BEG
10AM-12PM	Adv Ballet (NEW students) - MARK MORRIS DANCE CENTER - ADV
10-11AM	Vinyasa Flow Yoga, level 1&2 – MANG’OH YOGA - BEG
11:30AM-12:30PM	Body Conditioning – BALLET ACADEMY EAST - BEG
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12PM	Ballet Burn Reformer – MOVING STRENGTH (E 82 ND ST.) - BEG
12:30-1:30PM	Zumba Fitness - THE AILEY EXTENSION (First 10 NEW ststudents) - BEG
12:30-1:30PM	Yoga - BALLET ACADEMY EAST - BEG
2-3PM	Yoga Nidra for Seniors (NEW students) – MARK MORRIS DANCE CENTER - BEG
4-4:55PM	Hip-Hop (7-12 y.o.) - BRIGHTON BALLET THEATER - BEG
5:30-7PM	Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
5:45-6:45PM	Happy Hour Core Yoga, level 1&2 – MANG’OH YOGA - BEG
6-7PM	Beginning Gyrokinesis (NEW students) – MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Beg. Ballet – KAT WILDISH PRESENT BALLET @ PMT STUDIO (Fitness Lab) - BEG
6-7PM	Pilates Mat Fusion – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Zumba Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7:30PM	Adv. Beginner Classic Jazz – THE AILEY EXTENSION (First 10 NEW stud - BEG ents only)
6-7:30PM	Beginner Ballet –THE AILEY EXTENSION (First 10 NEW students) - BEG
6PM	ZUMBA – VIBEZ STUDIO - BEG
6:30-8PM	Beg/Int Modern Dance (NEW students) – MARK MORRIS DANCE CENTER - BEG
6:30-8PM	Int/Adv Contemporary Modern (NEW students) – MARK MORRIS DANCE CENTER - INT
6:30-7:30PM	Samba & Brazilian Fusion (NEW students) – MARK MORRIS DANCE CENTER - BEG
6:30-8PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7:30PM	Outdoor Ashtanga Yoga – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
6:30-8PM	Beginner Capoeira – ARTE CAPOEIRA CENTER - BEG
7-8PM	Tap Dance, Beg/Int (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beg/Int Ballet (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Beginner hip-hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	Aqua Zumba (NEW students) – ZUMBA BY ALYSON - BEG
7-8PM	Ballet Workout – DANCEWAVE - BEG
7-8PM	Barre – PILATES BODIES NY - BEG

7-8PM	Jazz/Hip-Hop, Beginning (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8PM	Salsa, all level (Ages 7 and up) – CARIBBEAN SOUL DANCE STUDIO - BEG
7-8:45PM	Core Yoga, level 1&2 – MANG’OH YOGA - BEG
7:30-8:30PM	Kukuwa (NEW students) – MARK MORRIS DAN - BEG CE CENTER
7:30-9:30PM	Adv Beg Contemporary Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Adv Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9:30PM	Beginner Capoeira EXTRA – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Intermediate Theatre Dance – THE AILEY EXTENSION (First 10 NEW students) INT
7:30-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
8-9PM	Commercial Hip-Hop (NEW students) – MARK MORRIS DANCE CENTER - BEG
8-9:30PM	House Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9PM	Beginner Mat – POWER PILATES - BEG
8-9PM	NAACH EXPRESS – BOLLYWOOD FUNK NYC DANCE SCHOOL - BEG
8PM	ZUMBA – VIBEZ STUDIO - BEG
8:30-9:30PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG



DAY 2: FRIDAY, JUNE 20

7-8AM	Intro to Tower – POWER PILATES - BEG
7-8AM	Sunrise Yoga, level 1&2 – MANG’OH YOGA - BEG
8:30-9:30AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
8:45-9:45AM	ZUMBA – BALLET ACADEMY EAST - BEG
9:30AM	ZUMBA – VIBEZ STUDIO - BEG
9:30-10:30AM	ZUMBA (at 57 th) – Z Club NY - BEG
10AM-12PM	Int/Adv Contemporary Modern (NEW students) – MARK MORRIS DANCE CENTER – INT/ADV
10AM-12PM	Advanced Ballet (NEW students) – MARK MORRIS DANCE CENTER - ADV
10:30AM-12PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM-12PM	Slow-Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
11AM	ZUMBA – MOVING STRENGTH (E 82 ND ST.) - BEG
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12-2PM	Simonson Technique, Slow Intermediate – MARK MORRIS DANCE CENTER - INT
12:15-1:15PM	Yoga – BALLET ACADEMY EAST - BEG
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
4:15PM	Pilates Mat – MOVING STRENGTH (W 79 TH ST.) - BEG
1-2PM	Intro to Tower – POWER PILATES - BEG
4:30PM	ZUMBA – VIBEZ STUDIO - BEG
5-5:55PM	Pilates/Stretching 1 - BRIGHTON BALLET THEATER - BEG
5:30-7PM	Advanced-Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
5:45-6:45PM	Happy Hour Yoga, level 2 – MANG’OH YOGA - INT
6-7:15PM	Gaga.Dancers (NEW students) - MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Intermediate Ballet – THE AILEY EXTENSION (First 10 NEW students) - INT
6PM Body	Conditioning & Ballet Barre Workout – NYC DANCE ARTS - BEG
6-6:55PM	Pilates/Stretching 2 – BRIGHTON BALLET THEATER INT
6:30-8:30PM	Simonson Technique, Intermediate (NEW students) – MARK MORRIS DANCE CENTER - INT
6:30-9PM	Advanced Beginner Afro-Cuban – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-8PM	Open West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-8PM	SharQui – The Bellydance Workout – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
6:30PM	ZUMBA – MOVING STRENGTH (W 79 TH ST.) - BEG
7-8PM	ZUMBA & ZUMBA Glutes (NEW students) – MARK MORRIS DANCE CENTER- BEG
7-8:30PM	Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	Adult Ballet – NYC DANCE ARTS - BEG
7-7:45PM	Intro to Mat – POWER PILATES - BEG
7-8:45PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG
7-8:30PM	Beg/Int Ballet (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7-10PM	Community Class (Also available at the same time on Friday – 6/13) – H+ - BEG

7:30-9PM Open Capoeira – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM Absolute Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-8:45PM Power Ashtanga Yoga – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9PM Commercial Hip-Hop (NEW students) – MARK MORRIS DANCE CENTER- BEG



DAY 3: SATURDAY, JUNE 21

8:15-9:15AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
8:30AM	ZUMBA – VIBEZ STUDIO- BEG
8:45-9:45AM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
9-9:45AM	Stretch & Core Strengthening (NEW students) - MARK MORRIS DANCE CENTER - BEG
9:30-10:25AM	DANZATONE – THE AILEY EXTENSION (First 10 NEW students) - BEG
9:30-10:25AM	Powerful Body Pilates – THE AILEY EXTENSION (First 10 NEW students) - BEG
9:30AM	ZUMBA – VIBEZ STUDIO- BEG
9:45-10:30AM	Core Strengthening (NEW students) - MARK MORRIS DANCE CENTER - BEG
10-11AM	Limon Class at Bryant Park, Open level – LIMON DANCE COMPANY - BEG
10-11:45AM	Vinyasa Flow Yoga, level 1&2 – MANG’OH YOGA - BEG
10:30-11:25AM	Masala Bhangra Workout – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM	Zumba – ZUMBA BY ALYSON - BEG
11AM	Pilates Reformer – MOVING STRENGTH (E 82 ND ST.) - BEG
11:30AM-1:30PM	Int/Adv Ballet (NEW students) – MARK MORRIS DANCE CENTER - INT
11:30AM – 12:30PM	Chill Out Yoga, level 1 – MANG’OH YOGA - BEG
11:30AM-1PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
11:30AM-12:30PM	Zumba Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
12-1:30PM	Beginner Street Jazz – THE AILEY EXTENSION (First 10 NEW students) - BEG
12-12:45PM	Intro to Mat – POWER PILATES - BEG
12-2PM	Contemporary (NEW students), all level - DANCE FOR CHANGE - BEG
1-2:30PM	Adv. Beg. Groovefit Belly Dance – THE AILEY EXTENSION (First 10 NEW students) - ADV
1-3PM	Beginner Capoeira – ARTE CAPOEIRA CENTER - BEG
1:30-2:30PM	Salsa, all level (Ages 7 and up) – CARIBBEAN SOUL DANCE STUDIO - BEG
2-3PM	Bollywood Funk Beginner – BOLLYWOOD FUNK NYC DANCE SCHOOL (Pearl Studios, 4 th floor) - BEG
2PM	ZUMBA – MOVING STRENGTH (W 79 TH ST.) - BEG
2PM	ZUMBA – MOVING STRENGTH (E 82 ND ST.) - BEG
2:30-4PM	Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
3-5PM	Afro-Caribbean Dance& Movement (NEW students) – MARK MORRIS DANCE CENTER - BEG
3-4:30PM	Advanced Beginner Dunham – THE AILEY EXTENSION (First 10 NEW students) - BEG
3:30-4:30PM	Soca Dance (NEW students) – MARK MORRIS DANCE CENTER - BEG
3:30-5PM	Advanced Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
3:30-5PM	Open Hip-Hop – PMT DANCE STUDIO - BEG
4-6PM	Open Samba/Afro-Brazilian – THE AILEY EXTENSION (First 10 NEW students) - BEG
4-4:30PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
4-5PM	Beginner Salsa – DANCING FEET - BEG
4:15-5:15PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
4:30-6PM	Advanced Beg/Inter Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
4:30-6PM	Adv Beg. Theatre Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
4:30-5:45PM	Basics Yoga, level 1 – MANG’OH YOGA - BEG

5:30-7PM	House Dance – BROOKLYN ZOO- BEG
5:15-6:15PM	Zumba – BALLET ACADEMY EAST - BEG
6-7PM	Zumba Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:15-7:30PM	Pointe – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-8PM	Advanced Beginner Sabar – THE AILEY EXTENSION (First 10 NEW students) - BEG



DAY 4: SUNDAY, JUNE 22

8:45-9:45AM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
9-10AM	Yoga – BALLET ACADEMY EAST - BEG
10-11AM	Masala Bhangra Workout – THE AILEY EXTENSION (First 10 NEW participants) - BEG
10-11:15AM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW participants) - BEG
10-11:45AM	Vinyasa Flow Yoga, level 2&3- MANG’OH YOGA - INT
10AM	ZUMBA – VIBEZ STUDIO- BEG
11AM-12PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW participants) - BEG
11AM-12PM	Intro to Tower – POWER PILATES - BEG
11:30AM-12:30PM	Meditation/Stretch, level 1 – MANG’OH YOGA - BEG
12-1:30PM	Absolute Beginner Ballet – THE AILEY EXTENSION (First 10 NEW participants) - BEG
12-1PM	Barre – PILATES BODIES NY - BEG
12PM	ZUMBA – MOVING STRENGTH (W 79 TH ST.) - BEG
1-1:45PM	Intro to Mat – POWER PILATES - BEG
1-2PM	ZUMBA – BALLET ACADEMY EAST - BEG
1-2:30PM	Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
1:45-3:15PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW participants) - BEG
2-3:30PM	Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW participants) - BEG
2-2:30PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
2:30-4PM	Advanced-Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
2:30-4PM	Beginner Modern – BALLET ACADEMY EAST - BEG
3-4:30PM	Beginner Contemporary Jazz – THE AILEY EXTENSION (First 10 NEW participants) - BEG
3-4:30PM	Beginner Horton – THE AILEY EXTENSION (First 10 NEW participants) - BEG
3-4:30PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW participants) - BEG
3-4:30PM	Modern Afro-Cuban – THE AILEY EXTENSION (First 10 NEW participants) - BEG
3:15-4:15PM	Yin Yoga, level 1 – MANG’OH YOGA - BEG
4-5:30PM	Beg/Int Samba/Afro-Brazilian – THE AILEY EXTENSION (First 10 NEW participants) - BEG
4-5PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
4:30-5:45PM	Basics Yoga, level 1 – MANG’OH YOGA - BEG
5-6:15PM	Power Ashtanga Yoga – THE AILEY EXTENSION (First 10 NEW participants) - BEG
6PM	Pilates Reformer – MOVING STRENGTH (E 82 ND ST.) - BEG
7PM	ZUMBA – MOVING STRENGTH (E 82 ND ST.) - BEG

DAY 5: MONDAY, JUNE 23

7-8AM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
8-9AM	ZUMBA – BALLET ACADEMY EAST - BEG
8:30-9:30AM	Gaga.People (NEW students) – MARK MORRIS DANCE CENTER - BEG
10:30AM-12PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM-12PM	Slow-Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
10AM-12PM	Advanced Ballet (NEW students) – MARK MORRIS DANCE CENTER- ADV
12-2PM	Adv Contemporary Simonson Technique (NEW students) – MARK MORRIS DANCE CENTER - AVD
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12-1PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
1-2PM	Beginner Mat – POWER PILATES - BEG
5PM	ZUMBA – ZUMBA BY ALYSON - BEG
5PM	Cardio Pilates – MOVING STRENGTH (W 79TH ST.) - BEG
5:30-7PM	Advanced-Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
5:45-6:45PM	Happy Hour Yoga, level 2 – MANG’OH YOGA - INT
6-7PM	Beginning Pilates Workshop (NEW students) – MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Beginner Samba/Afro Braz – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Intro to Tower – POWER PILATES - BEG
6:15-7:15PM	ZUMBA – BALLET ACADEMY EAST - BEG
6:30-8PM	Advanced Beginner Sabar – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-8PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30PM	Tango – HIGHLINE DANCE - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
7-8PM	ZUMBA (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beginning Ballet (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beg Jazz/Hip-Hop Workshop (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-9PM	Int Contemporary Simonson Technique (NEW students) – MARK MORRIS DANCE CENTER - INT
7-8:30PM	Absolute Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Absolute Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Advanced Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Beginner Contemporary Jazz – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	ZUMBA Toning (NEW students) – ZUMBA BY ALYSON - BEG
7-8PM	Bokwa (at Tribeca) – Z Club NY - BEG
7-8PM	Bollywood Funk Beginner – BOLLYWOOD FUNK NYC DANCE SCHOOL (Ripley Grier Studios, 16 th floor) - BEG
7-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7-8:30PM	Beginner Hip-Hop – HOUSE OF MOVEMENT - BEG
7-8:45PM	Vinyasa Flow Yoga, level 2&3 – MANG’OH YOGA - INT/ADV
7PM	Commercial Jazz – THE BRIDGE FOR DANCE - BEG
7:30-9PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG

7:30-8:30PM	ZUMBA – DANCEWAVE - BEG
8-9PM	Masala Bhangra Workout – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
8:30-9:30PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG
8:30-10PM	Advanced Beginner Hip-Hop – HOUSE OF MOVEMENT - BEG



DAY 6: TUESDAY, JUNE 24

6:30AM	Pilates Power – MOVING STRENGTH (E 82 ND ST.) - BEG
7-8AM	Sunrise Yoga, level 2 – MANG’OH YOGA - INT
8-9AM	Intro to Tower – POWER PILATES - BEG
8:15-9:15AM	Yoga – BALLET ACADEMY EAST - BEG
8:30-9:30AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
9:30M	ZUMBA – MOVING STRENGTH (W 79TH ST.) - BEG
10-11AM	Vinyasa Flow Yoga, level 1&2 – MANG’OH YOGA - BEG
10AM-12PM	Adv Ballet (NEW students) – MARK MORRIS DANCE CENTER - INT
12-1PM	Body Conditioning – BALLET ACADEMY EAST - BEG
12:15-1:30PM	Beginner Tap, please bring your own tap shoes and be advised that knowledge of fundamental tap technique is required to take this class – BALLET ACADEMY EAST - BEG
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
4-4:55PM	Hip-Hop (7-12 y.o.) – BRIGHTON BALLET THEATER - BEG
5-6PM	Barre – PILATES BODIES STUDIO - BEG
5:30-7PM	Intermediate Ballet – PERIDANCE CAPEZIO CENTER - BEG
5:45-6:45PM	Happy Hour Yoga, level 2 – MANG’OH YOGA - INT
6-7:30PM	Beginner Simonson Technique (NEW students) – MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Beginner Salsa – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Pilates Mat – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Beginner Mat – POWER PILATES - BEG
6-7:30PM	Guest Artist Sekou McMiller – THE AILEY EXTENSION (First 10 NEW students) - BEG
6PM	ZUMBA Sentao (NEW students) – ZUMBA BY ALYSON - BEG
6-7PM	Action Bootcamp – STREB@SLAM - BEG
6:15-7:15PM	Gowanus Arts (in Brooklyn) – Fit4Dance (NEW students) - BEG
6:30-7:30PM	Mind Body Dancer Yoga (NEW students) – MARK MORRIS DANCE CENTER - BEG
6:30-8PM	Int/Adv Modern Dance (NEW students) – MARK MORRIS DANCE CENTER – INT/ADV
6:30-8PM	Advanced Beginner Sabar – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW participant) - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
6:30-7:30PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
6:30-7:30PM	ZUMBA – BALLET ACADEMY EAST - BEG
6:30-8PM	Beginner Capoeira – ARTE CAPOEIRA CENTER - BEG
7-8PM	Feldenkrais (NEW students) - MARK MORRIS DANCE CENTER - BEG
7-8:30:	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8PM	Capoeira Basics – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	ZUMBA (NEW students) – ZUMBA BY ALYSON - BEG
7-8PM	Modern Dance – DANCEWAVE - BEG
7-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7:30-8:30PM	Kukuwa (NEW students) – MARK MORRIS DANCE CENTER - BEG

7:30-9PM	Adv Beg Contemporary – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Advanced Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Advanced Beginner Theatre Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Open Samba/Afro Brazilian – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Advanced Beginner Jazz – BALLET ACADEMY EAST - BEG
7-8:45PM	Vinyasa Flow Yoga, level 2&3 – MANG’OH YOGA - INT
8-9:45PM	Intermediate Capoeira – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9:30PM	Open House Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9PM	Bollywood/Bhangra (440 Studios, #4F) – AJNA DANCE COMPANY - BEG
8-9PM	Modern Dance Company – DANCEWAVE - BEG
8-9PM	ZUMBA (at FiDi) – Z Club NY - BEG
8-9:30PM	Beg. Hip-Hop – PMT DANCE STUDIO - BEG
8:30-9:30PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG



DAY 7: WEDNESDAY, JUNE 25

7-8AM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
8-9AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
8:30-9:30AM	Morning Yoga – THE AILEY EXTENSION (First 10 NEW students) - BEG
9-10:30AM	Stretch & Core Strengthening (NEW students) - MARK MORRIS DANCE CENTER - BEG
9-10AM	Slim + Tone Barre – PILATES BODIES NY - BEG
10AM-12PM	Adv Ballet (NEW students) – MARK MORRIS DANCE CENTER - ADV
10-11AM	Beginner Mat- POWER PILATES - BEG
10AM	Cardio Pilates – MOVING STRENGTH (W 79TH ST.) - BEG
10:30AM-12PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM-12PM	Slow-Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
11:45AM-1PM	Pointe – THE AILEY EXTENSION (First 10 NEW students) - BEG
12-2PM	Adv Contemporary Simonson Technique (NEW students) – MARK MORRIS DANCE CENTER - AVD
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12-1PM	Yoga – BALLET ACADEMY EAST - BEG
12:15-1:45PM	Pointe – THE AILEY EXTENSION (First 10 NEW students) - BEG
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
12:15PM	Inner Strength (Body Conditioning) – West End Health & Fitness - BEG
4PM	ZUMBA – West End Health & Fitness - BEG
5:30-6:15PM	Intro to Mat – POWER PILATES - BEG
5:30-7PM	Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
5:30PM	Cardio Pilates (MOVING STRENGTH (E 82 ND ST.)) - BEG
5:45-6:45PM	Happy Hour Yoga, level 2 – MANG’OH YOGA - INT
6-7PM	Beginning Pilates (NEW students) – MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Groovefit Bellydance – THE AILEY EXTENSION (First 10 NEW students) - BEG
6PM	Adult Hip-Hop – NYC DANCE ARTS - BEG
6-7:30PM	Open Level Flip & Tuck – STREB@SLAM - BEG
6:30-8PM	Belly Dance (NEW students) – MARK MORRIS DANCE CENTER - BEG
6:30-7:30PM	Bootcamp with Sam – THE AILEY EXTENSION (First 10 NEW participant) - BEG
6:30-8PM	Open Afro-Cuban – THE AILEY EXTENSION (First 10 NEW participant) - BEG
6:30PM	Bachata – HIGHLINE DANCE - BEG
6:30-7:30PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
7-8PM	Intermediate Pilates (NEW students) – MARK MORRIS DANCE CENTER - INT
7-8PM	Kukuwa (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	West African, Intermediate (NEW students) - MARK MORRIS DANCE CENTER INT
7-8:30PM	Absolute Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Advanced Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	Adult Ballet – NYC DANCE ARTS - BEG

7PM	ZUMBA (NEW students) – ZUMBA BY ALYSON - BEG
7-8PM	Beginner Salsa – DANCING FEET - BEG
7-8PM	Classical-Blend (Pear Studios, #402) – AJNA DANCE COMPANY - BEG
7-8PM	Bollywood Funk Beginner – BOLLYWOOD FUNK NYC DANCE SCHOOL (Ripley Grier Studios, 16 th floor) - BEG
7-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7-8:45PM	Vinyasa Flow Yoga, level 2&3 – MANG’OH YOGA – INT/ADV
7:30-9PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Beginner Samba/Afro Brazilian – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Power Ashtanga Yoga – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Parkour – STREB@SLAM - BEG
7:30PM	Salsa – HIGHLINE DANCE - BEG
7:30-8:30PM	Gowanus Arts (in Manhattan) – Fit4Dance (NEW students) - BEG
7:30-8:30PM	ZUMBA – DANCEWAVE - BEG
7:30-9PM	Advanced Beginner Jazz – BALLET ACADEMY EAST - BEG
8-9PM	Gaga.People (NEW participants) – MARK MORRIS DANCE CENTER - BEG
8-9:30PM	Absolute Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
8-9PM	Barre – PILATES BODIES NY - BEG
8-9PM	Bollywood/Bhangra (Pearl Studios, #402) – AJNA DANCE COMPANY - BEG
8-9PM	Yoga - BALLET ACADEMY EAST - BEG
8:15-9:15PM	Yoga – BALLET ACADEMY EAST - BEG
8:30-9:30PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG



DAY 8: THURSDAY, JUNE 26

7-8AM	Sunrise Yoga, level 2 – MANG’OH YOGA - INT
8:15-9:15AM	Yoga – BALLET ACADEMY EAST - BEG
9-10AM	Intro to Tower – POWER PILATES - BEG
9:30AM	Pilates Synthesis – MOVING STRENGTH (W 79 TH ST.) - BEG
10AM-12PM	Adv Ballet (NEW students) – MARK MORRIS DANCE CENTER - ADV
10-11AM	Vinyasa Flow Yoga, level 1&2 – MANG’OH YOGA - BEG
10AM	Beginner Jazz Dance for Older Adults – West End Health & Fitness - BEG
12-1PM	Body Conditioning – BALLET ACADEMY EAST - BEG
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12PM	Ballet Burn Reformer – MOVING STRENGTH (E 82 ND ST.) - BEG
12:15-1:15PM	Yoga – BALLET ACADEMY EAST - BEG
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
2-3PM	Yoga Nidra for Seniors (NEW students) – MARK MORRIS DANCE CENTER - BEG
4-4:55PM	Hip-Hop (7-12 y.o.) - BRIGHTON BALLET THEATER - BEG
5:30-7PM	Intermediate Ballet – PERIDANCE CAPEZIO CENTER - INT
5:45-6:45PM	Happy Hour Core Yoga, level 1&2 – MANG’OH YOGA - BEG
6-7PM	Beginning Gyrokinesis (NEW students) – MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Adv. Beginner Classic Jazz – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7:30PM	Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	Pilates Mat – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-8PM	Beg/Int Modern Dance (NEW students) - MARK MORRIS DANCE CENTER - BEG
6:30-7:30PM	Samba & Brazilian Fusion (NEW students) – MARK MORRIS DANCE CENTER - BEG
6:30-8PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:30-7:30PM	Outdoor Ashtanga Yoga – THE AILEY EXTENSION (For 10 NEW students) - BEG
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
6:30-8PM	Beginner Capoeira – ARTE CAPOEIRA CENTER - BEG
6:30-8PM	Int/Adve Contemporary Modern (NEW participants) – MARK MORRIS DANCE CENTER – INT/ADV
6:30PM	ZUMBA – West End Health & Fitness - BEG
7-8PM	Tap Dance, Beg/Int (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beg/Int Ballet (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8:30PM	Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
7-8PM	Ballet Workout – DANCEWAVE - BEG
7-8PM	Barre – PILATES BODIES NY - BEG
7-8PM	Salsa, all level (Ages 7 and up) – CARIBBEAN SOUL DANCE STUDIO - BEG
7:30-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7-8:45PM	Core Yoga, level 1&2 – MANG’OH YOGA - BEG
7:30-8:30PM	Kukuwa (NEW students) – MARK MORRIS DANCE CENTER - BEG
7:30-8:30PM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG

7:30-9PM	Adv Beg Contemporary Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Advanced Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9:30PM	Beginner Capoeira EXTRA – THE AILEY EXTENSION (First 10 NEW students) - BEG
7:30-9PM	Intermediate Theatre Dance – THE AILEY EXTENSION (First 10 NEW students) - INT
8-9PM	Beginner Mat – POWER PILATES - BEG
8-9PM	Commercial Hip-Hop (NEW students) – MARK MORRIS DANCE CENTER - BEG
8-9:30PM	House Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
8:30-9:30PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG
9-10:30PM	Beg. Locking – PMT DANCE STUDIO - BEG



DAY 9: FRIDAY, JUNE 27

7-8AM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
7-8AM	Intro to Tower – POWER PILATES - BEG
8:15-9:15AM	Yoga – BALLET ACADEMY EAST - BEG
8:30-9:30AM	ZUMBA – BALLET ACADEMY EAST - BEG
10AM-12PM	Int/Adv Contemporary Modern (NEW students) – MARK MORRIS DANCE CENTER INT/ADV
10AM-12PM	Advanced Ballet (NEW students) – MARK MORRIS DANCE CENTER - ADV
10-11AM	Beginner Mat – POWER PILATES - BEG
10:30AM-12PM	Advanced Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM-12PM	Slow-Intermediate Ballet – PERIDANCE CAPEZIO CENTER- INT
11AM	ZUMBAR – MOVING STRENGTH (E 82 ND ST.) - BEG
11:45AM-12:45PM	Yoga – BALLET ACADEMY EAST - BEG
12-2PM	Slow Intermediate Simonson Technique – MARK MORRIS DANCE CENTER - INT
12-1PM	Lunchbox Yoga, level 2 – MANG’OH YOGA - INT
12:30-1:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
1-2PM	Intro to Tower – POWER PILATES - BEG
4:15PM	Pilates Mat – MOVING STRENGTH (W 79 TH ST.) - BEG
5-5:55PM	Pilates/Stretching 1 - BRIGHTON BALLET THEATER - BEG
5:30-7:30PM	Advanced-Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
5:45-6:45PM	Happy Hour Yoga, level 2 – MANG’OH YOGA - INT
6-7:15PM	Gaga.Dancers (NEW students) - MARK MORRIS DANCE CENTER - BEG
6-7:30PM	Intermediate Ballet – THE AILEY EXTENSION (First 10 NEW students) - INT
6PM	Body Conditioning & Ballet Barre Workout – NYC DANCE ARTS - BEG
6-6:55PM	Pilates/Stretching 2 – BRIGHTON BALLET THEATER - INT
6:30-8PM	Advanced Beginner Afro-Cuban – THE AILEY EXTENSION (First 10 NEW student) - BEG
6:30-8PM	Open West African – THE AILEY EXTENSION (First 10 NEW student) - BEG
6:30-8PM	SharQui – The Bellydance Workout – THE AILEY EXTENSION (First 10 NEW student) - BEG
6:30-7:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW student) - BEG
6:30-8:30PM	Int Contemporary Simonson Technique (NEW students) – MARK MORRIS DANCE CENTER - INT
6:30-7PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
6:30PM	ZUMBA – MOVING STRENGTH (W 79 TH ST.) - BEG
7-8PM	ZUMBA Glutes (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beg/Int Ballet (NEW students) – MARK MORRIS DANCE CENTER - BEG
7-8:30PM	Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
7PM	Adult Ballet – NYC DANCE ARTS - BEG
7PM	Aqua ZUMBA (NEW students) – ZUMBA BY ALYSON - BEG
7-7:45PM	Intro to Mat – POWER PILATES - BEG
7-8:30PM	Advanced Beginner Ballet – PERIDANCE CAPEZIO CENTER - BEG
7-8:30PM	Beg. Popping – PMT DANCE STUDIO - BEG
7-8:45PM	Candlelight Yoga, level 1 – MANG’OH YOGA - BEG
7:30-9PM	Absolute Beginner Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG

7:30-9PM

Open Capoeira – THE AILEY EXTENSION (First 10 NEW students) - BEG

7:30-8:45PM

Power Ashtanga Yoga – THE AILEY EXTENSION (First 10 NEW students) - BEG

8-9PM

Commercial Hip-Hop (New students) – MARK MORRIS DANCE CENTER - BEG



DAY 10: SATURDAY, JUNE 28

8:45-9:45PM	Sunrise Core Yoga, level 1&2 – MANG’OH YOGA - BEG
9-10:30AM	Stretch & Core Strengthening (NEW students) – MARK MORRIS DANCE CENTER - BEG
9:30-10:25AM	DANZATONE Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
9:30-10:25AM	Powerful Body Pilates – THE AILEY EXTENSION (First 10 NEW students) - BEG
9:30-10:30AM	Yoga – BALLET ACADEMY EAST - BEG
9:45-10:30AM	Core Strengthening (NEW students) - MARK MORRIS DANCE CENTER - BEG
10-11AM	Limon Class, Open level – LIMON DANCE COMPANY - BEG
10-11:45AM	Vinyasa Flow Yoga, level 2&3 – MANG’OH YOGA – INT/ADV
10:30-11:25AM	Masala Bhangra Workout – THE AILEY EXTENSION (First 10 NEW students) - BEG
10:30AM	ZUMBA – ZUMBA BY ALYSON - BEG
10:30-11:30AM	Pilates Mat Classes – BALLET ACADEMY EAST - BEG
11AM	Pilates Reformer – MOVING STRENGTH (E 82 ND ST.) - BEG
11:30AM-1:30PM	Int/Adv Ballet (NEW students) – MARK MORRIS DANCE CENTER – INT/ADV
11:30AM-1PM	Beginner West African – THE AILEY EXTENSION (First 10 NEW students) - BEG
11:30AM-12:30PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
11:30AM-12:30PM	ZUMBA – BALLET ACADEMY EAST - BEG
11:30AM-12:30PM	Chill Out Yoga, level 1- MANG’OH YOGA - BEG
12-12:45PM	Intro to Mat – POWER PILATES - BEG
12-1PM	ZUMBA (at Harlem) – Z Club NY - BEG
12-1:30PM	Beginner Street Jazz – THE AILEY EXTENSION (First 10 NEW students) - BEG
12-2PM	Hip-Hop (NEW students), all level – DANCE FOR CHANGE - BEG
12:15PM	Vinyasa Yoga – West End Health & Fitness - BEG
1-2:30PM	Adv Beg Groovefit Belly Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
1-2:30PM	Beginner Modern – BALLET ACADEMY EAST - BEG
1-3PM	Beginner Capoeira – ARTE CAPOEIRA CENTER - BEG
1:30-2:30PM	Salsa, all level (Ages 7 and up) – CARIBBEAN SOUL DANCE STUDIO - BEG
1:30PM	ZUMBA – West End Health & Fitness - BEG
2PM	ZUMBA – MOVING STRENGTH (W 79TH ST.) - BEG
2PM	ZUMBA – MOVING STRENGTH (E 82 ND ST.) - BEG
2:30-4PM	Beginner Hip-Hop – THE AILEY EXTENSION (First 10 NEW students) - BEG
3-5PM	Afro-Caribbean Dance & Movement (NEW students) – MARK MORRIS DANCE CENTER - BEG
3-4:30PM	Advanced Beginner Dunham – THE AILEY EXTENSION (First 10 NEW students) - BEG
3:30-4:30PM	Soca Dance (NEW students) – MARK MORRIS DANCE CENTER - BEG
3:30-5PM	Beginner Horton – THE AILEY EXTENSION (First 10 NEW students) - BEG
4-6PM	Open Samba/Afro Brazilian – THE AILEY EXTENSION (First 10 NEW students) - BEG
4-4:30PM	Capoeira Intro/Condition – NEW YORK CAPOEIRA CENTER - BEG
4-5PM	Beginner Salsa – DANCING FEET - BEG
4:30-6PM	Advanced Beg/Int Ballet – THE AILEY EXTENSION (First 10 NEW students) - BEG
4:30-6PM	Advanced Beginner Theatre Dance – THE AILEY EXTENSION (First 10 NEW students) - BEG
4:30-5:45PM	Basics Yoga, level 1 – MANG’OH YOGA - BEG

5:30-7PM	House Dance – BROOKLYN ZOO - BEG
6-7PM	ZUMBA Fitness – THE AILEY EXTENSION (First 10 NEW students) - BEG
6:15-7:30PM	Pointe – THE AILEY EXTENSION (First 10 NEW students) - BEG
6-7:45PM	Community Class, level 2 – MANG’OH YOGA - INT
6:30-8PM	Advanced Beginner Sabar – THE AILEY EXTENSION (First 10 NEW student) - BEG



STUDIO LOCATIONS

Mark Morris Dance Center – PARTNER

3 Lafayette Avenue, Brooklyn, NY 11217

718-624-8400

www.mmdg.org

The Ailey Extension – PREMIERE

The Joan Weill Center for Dance, 405 West 55th Street at 9th Avenue, New York, NY 10019

212-405-9500

www.aileyextension.com

Power Pilates – PREMIERE

920 3rd Ave. (btw 55th & 56th Streets), 6th Floor, New York, NY 10022

212-627-5852

<http://www.powerpilates.com/home/index.html>

***Kat Wildish Presents Ballet @ PMT Studios – FITNESS LAB**

PMT Studios, 69 West 14th St. at 6th Avenue, 3rd floor, New York, NY 10014

<http://pmthouseofdance.com/>

***Ajna Dance Company**

440 Studios, 440 Lafayette St. near Astor Place, #4F, New York, NY 10003

Pearl Studios, 500 8th Avenue (btw 35th & 36th), Room 402, New York, NY 10010

646-319-3054

www.ajnadance.com

Arte Capoeira Center

224 W 35th Street (btw 7th & 8th Avenues), New York, NY 10001

212-431-0811

<http://www.artecapoeira.com/>

Ballet Academy East

1651 Third Avenue (btw 92nd & 93rd Streets), New York, NY 10128

212-410-9140

www.balletacademyeast.com

***Bollywood Funk NYC Dance School – FULL (not taking reservations anymore)**

Pearl Studios, 500 8th Avenue (btw 35th & 36th Streets), 4th & 12th Floors, New York, NY 10018

Ripley Grier Studios, 520 8th Avenue (btw 37th & 36th Streets), 16th Fl, New York, NY 10018

212-502-7997

www.bollywoodfunknyc.com

Brighton Ballet Theater

2001 Oriental Blvd, Building T7, Room 7211, Brooklyn, NY 11235

718-769-9161

www.brightonballet.org

Caribbean Soul Dance Studio

682 Summit Avenue, New Jersey, NJ 07033

718-704-9443

www.caribbeansouldance.com

Dance For Change

440 Studios, 440 Lafayette Street, New York, NY 10003

614-309-2392

www.dfc.org

Dancewave

45 Fourth Avenue @ Dean Street, Brooklyn, NY 11220

718-522-4696

www.dancewave.org

Dancing Feet

70-11 Austin Street, 2nd Fl (at the Rose Academy of Ballet), Forest Hills, NY 11375

347-670-0780

www.dancingfeetnyc.com

***Fit4Dance**

Spoke the Hub – Gowanus Arts Building. 295 Douglass Street (btw 3rd & 4th Avenues), 3rd Floor, Brooklyn, NY 11217

Pearl Studios, 500 8th Avenue, 4th Floor, New York, NY 10018

917-273-4286

www.fit4dancenyc.com

H+ | The Hip-Hop Dance Conservatory

Pearl Studios, 519 8th Ave. (btw 35th & 36th Streets), 12th Fl, Studio B, New York, NY 10018

800.697.4698

<http://www.hdcny.org/community-classes/>

Highline Dance

450 W 31st Street (btw 10th & 9th Avenues), 4th Floor, New York, NY 10001

646-502-5420

WWW.HIGHLINEDANCE.COM

House of Movement

Pearl Studios, 500 8th Ave. (btw 35th & 36th Streets) #409, New York, NY 10018

917-330-4607

www.houseofmovementny.com

Limon Dance Company at Bryant Park

Between 40th & 42nd Streets and between 5th & 6th Avenues, New York, NY 10018

www.limon.org

mang'Oh Yoga

322 E 39th Street (btw 2nd & 1st Avenues), New York, NY 10016

212-661-6655

www.mangohstudio.com

Movement Workshop Group at The Gallim Dance Studio

520 Clinton Ave, Brooklyn, NY 11238

802-598-5411

100 S. 4th Street Brooklyn, NY 11211

movementworkshopgroup.org

Moving Strength

212 West 79th Street (btw Amsterdam & Broadway), New York, NY 10024

349 East 82nd Street (btw 1st & 2nd Avenues), New York, NY 10028

646-643-8369

www.movingstrength.com

New York Capoeira Center

107 Suffolk St. at Rivington #307, New York, NY 10002

212.677.2203

www.newyorkcapoeira.com

NYC Dance Arts

107 Suffolk Street at Rivington, 2nd Floor, NY, NY, 10002

347-634-6539

www.nycdancearts.com

Peridance Capezio Center

126 E. 13th Street (btw 3rd & 4th Avenues), New York, NY 10011

212-505-0886

www.peridance.com

Pilates Bodies NY

159-16 Union Turnpike, Flushing, NY 11366

718-969-6800

www.pilatesbodiesny.com

PMT Dance Studio

69 West 14th Street near 6th Ave., 3rd floor, NY, NY 10011

212-924-5694

www.pmthouseofdance.com

***Socamotion**

Ripley Grier Studios, 520 8th Avenue (btw 37th & 36th), 16th Floor, New York, NY 10001

Brooklyn location TBD

347-560-9210

www.socamotion.com

STREB@SLAM

51 N 1st street (btwn Kent & Wythe Avenues), Brooklyn, NY 11249

718-384-6491

www.streb.org

The Bridge for Dance, Inc.

2726 Broadway (btw 104th & 105th Streets), 3rd Floor, NY, NY 10025

212-749-1165

www.bridgefordance.com

Vibez Studio

32-43 Francis Lewis Blvd., Flushing, NY 11358

347-889-6987

<http://VibezStudio.com>

West End Health & Fitness

752 West End Ave (btw 97th & 96th Streets), New York, NY 10025

917-617-5658

www.westendfitnessnyc.com

***Z Club NY**

Multiple locations. See website below.

347-709-2582

www.zclubny.com

***Zumba by Alyson**

315 East 86th Street (btw 2nd & 1st Avenues), New York, NY 10028

646.895.2841

<http://alysons.zumba.com>