

THE AILEY EXTENSION

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The Ailey Extension Celebrates Fabulous 5

Inspiring Representatives of the Thousands Who Find Joy in Dancing at the Ailey Studios



(New York) July 2010 – The Ailey Extension is keeping its 5th birthday festivities rolling by celebrating what makes it great – its students. This month, it announces the “Fabulous 5”: five people who share their life-changing experiences at The Ailey Extension. However, these five are merely a small sample of all of the Extension participants who find joy in taking classes at the Ailey Studios.

Africa, who works as an AIDS activist, shares her moving journey on the road to being 100 pounds lighter and living a more balanced lifestyle. She used dance as a part of her weight loss routine, and also to “reconnect with her spirit”.

Although she lives in Westchester, NY, Nonni attends Zumba almost daily. A housewife whose sons are now adults, she says she is happy to commute for the benefits she receives and the friendships that she has made. She is not alone – many visit the Extension from around the tristate area.

Karen, a working mother and another of the Fab 5, takes capoeira classes to destress after a grueling day of work. Raphael, a native of Brazil, says classes at the Extension help him stay focused and healthy as a young artist in New York City. Finally, Kat loves dance because it is the one thing in her life she does just for fun; she also loves that it makes her “butt look better.”

Ailey fans can watch videos of each of the Fab 5 and vote for the most inspirational story. The winner will receive a 5th Birthday gift pack consisting of a 25-Class card, 2 tickets to an Ailey performance, and a 5th Birthday t-shirt.

As another way of celebrating and giving back to its students, during the month of July, **take 5 different classes at the Extension and get a 6th class free**, as part of its 5 months of special 5th birthday deals. Extension regulars and newcomers alike are invited to take advantage of this offer and join in the celebration.

Since its inception in 2005, The Ailey Extension has been fulfilling Alvin Ailey’s mission of delivering dance back to its origin, the people, by offering “real classes for real people”. The Extension offers over 90 classes per week in over 25 different dance and fitness techniques for all levels. Over 36, 000 people have taken classes at Ailey’s home – the nation’s largest building dedicated to dance. It boasts 12 spacious studios with floor to ceiling windows and views of the New York City skyline, providing a space where dancers of all levels and walks of life can learn and be inspired – body, mind, and spirit.

To watch videos of the Fab 5 sharing their motivational stories and vote for your favorite, [click here](#). For more information, and video clips of The Ailey Extension’s classes, visit www.aileyextension.com.



Samba/Afro Brazilian at The Ailey Extension. Photo by Kyle Froman.

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