

November 6, 2009

Vital Tested: The Ailey Extension

Our tester bellies up to a different kind of bar for the night.

The **Absolute Beginner Ballet Class** from **The Ailey Extension** seems like a safe bet for our tester who hasn't donned a tutu since she was about six.

"Do I need ballet slippers?" she wants to know.

"Socks are fine for first-timers," according to the receptionist.

The class of 30 or so students is a motley crew of women in pink tights, men in scrubs (and spandex--eek!), and our tester in her usual workout duds. Led by bona fide ballet teacher **Finis Jhung**, our tester is instructed to **stand up straight, drop her shoulders, point her toes.**

The series of movements seems basic at first, but they manage to **work her legs, arms and core.** And when Jhung asks the class to try balancing while not using the bar, our tester is reminded that she's a beginner.

Our tester may not be ready for *Swan Lake*, but she did walk out feeling more graceful--bar none!

Check out the [schedule of classes](#), which includes hip hop, samba, street jazz, and more. **New students pay \$25 for their first two classes.**

[The Ailey Extension](#), 405 W. 55th St., (212) 405-9000, [MAP](#)



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