

Wednesday, January 7, 2026

Winter Wellness Day at Taylor Center for Dance Education!

Company: Taylor Center for Dance Education
Location: New York, NY
Compensation: Free!

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FREE CLASS SCHEDULE

11:00 – 11:45am

OPEN BALLET (13+) with Bivi Kimura
KIDS CREATIVE TAYLOR (6-12) with Christina Lynch Markham
OLIVIA FITT FUNCTIONAL FITNESS (13+) with Olivia Bowman-Jackson
YOGA/PILATES/BARRE (13+) with Morgan McGhee

12:00 – 1:00pm

WHAT IS KINOTEK? Demonstration with Amy Marshall
PERFORMANCES by the Taylor Scholarship Ensemble and Taylor Teen Ensemble

1:00-1:45pm

TAYLOR ALIGNMENT FUNDAMENTALS (13+) with Amy Marshall
PILATES (13+) with Morgan McGhee
GYROKINESIS® (13+) with Alexandra Berger
KIDS TAYLOR MODERN (6-12) with Christina Lynch Markham

2:00-3:00pm

WELLNESS TALK with authors Kara Tatelbaum *Putting My Heels Down* and Jenn Trepeck *Uncomplicating Wellness*

3:00 – 3:45pm

Fairy Hair, Raffle, and Refreshments

Join us for a FREE day of movement, education, and inspiration to kick off your healthiest year!

Saturday, January 18th from 11am-4pm at Taylor Dance West (304 W 38th Street, 9th Floor, New York, NY)

See the schedule above for the full list of offerings and and register today to reserve your spot!

Use this link to register: <https://airtable.com/appTY6mXC0DKOIXvT/pagJ83J5fi8DQoVI6/form>

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