

FOR AUDIENCES

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Saturday, September 14, 2019

I Love the 90s (Back to School Hip Hop Cardio Party)

Company: The Ailey Extension

Venue: The Joan Weill Center for Dance

Location: New York, NY

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By Popular Demand, Matthew Johnson Harris is bringing his Hip Hop Cardio Class back to Saturday for an epic 90 minute all 90s Playlist. We will dance to all of your favorite Top 40 Hits from the 1990s. You will leave you sweating, energized, and feeling better than when you walked in. This class is designed for beginners with absolutely no dance experience. All you need is a positive attitude. This class is sure to get your heart rate up and tone the body by switching from dynamic to slow controlled movements all infused with hip hop swag. So, get ready to pop, lock, and tone the body with a class that will make you leave with a smile on your face. You will feel like you are at a dance party and forget you are working out.

The Ailey Extension
405 West 55th Street
New York, NY, 10019
212-495-9500

<https://www.aileyextension.com/classes/i-love-90s-back-school-hip-hop-cardio-party>

Schedule

September 14, 2019: 3:00pm

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