

Friday, January 23, 2026

Intro to Heels Workshop with Aaron Thomas

Company: Ailey Extension
Venue: Ailey Extension
Location: New York , NY

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Discover the secrets to strutting in heels with confidence with Aaron Thomas!

Ideal for students new to the technique, this workshop is designed for participants to delve into the foundations of heels dance and learn basic terminology. Students will be led through exercises and choreographic combinations that will improve balance and coordination, develop ankle strength, and practice musicality.

Absolute beginners are welcome. Heels are not necessary to participate.

Ailey Extension
405 W 55th Street
New York , NY, 10019
212-405-9000
<https://ailey.org/events/intro-heels-workshop-aaron-thomas-jan-2026>

Schedule
January 23, 2026: 7:30pm

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