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Saturday, December 14, 2019

HoliSLAY Cardio Dance Party Party with Matthew Johnson Harris

Company: Alvin Ailey American Dance Theater

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Venue: The Joan Weill Center for Dance

Location: New York, NY

It's the most wonderful time of the year and what better way to spend it than with a hip-hop cardio dance party? Matthew Johnson Harris is bringing back his popular workshop series for 90 mins of heart-pumping holiday fun! The class will feature music from Christmas, Hanukkah, and Kwanza traditions and you'll get to close out the decade by dancing to the biggest songs of 2019.

Hip-Hop Cardio 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 your body by switching from dynamic to slow, controlled movements infused with hip-hop swag. Get ready to pop, lock, and tone the body with a class that will make you feel like you're at a dance party and forget you are working out.

This workshop will also include a clothing drive for children in need. Please bring gently-worn children's clothing to donate.

Alvin Ailey American Dance Theater
405 West 55th Street
New York, NY, 10019
2124059000

<https://www.aileyextension.com/classes/holislay-hiphipcardio>

Schedule

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