

Thursday, January 15, 2026

Taylor Center for Dance Education Winter Wellness Day THIS Sunday!!!!

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

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

Sunday, January 18, 2026 | 11:00am-3:45pm
Taylor Dance West | 307 W 38th St. 9th Floor

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
PILATES (13+) with Morgan McGhee

12:00 - 1:00pm
WHAT IS KINOTEX? 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 Tattelbaum *Putting My Heels Down* and Jenn Trepeck *Uncomplicating Wellness*

3:00 - 3:45pm
Fairy Hair, Raffle, and Refreshments

SIGN UP TODAY

TAYLOR
Center for Dance Education

NYC Cultural Affairs

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

Sunday, 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/appTY6mXCODKOIXvT/pagJ83J5fi8DQoVI6/form>

Taylor Center for Dance Education
307 W 38th Street
New York, NY, 10018
+1 (212) 431-5562
<https://paultaylordance.org>

For more information:
Amanda Stevenson
taylordancecenter@ptdc.org
(212) 431-5562

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