

## FOR AUDIENCES

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Saturday, May 18, 2019

### HOMEcoming: A Hip-Hop Cardio Experience

Company: Ailey Extension

Venue: The Joan Weill Center for Dance

Location: New York, NY

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Photo by Kyle Froman

Ailey Extension's Matthew Johnson Harris hosts an epic 90-minute Hip-Hop Cardio workshop on Saturday, May 18 in celebration of Beyoncé's latest album. People of all dance and fitness levels are invited to this high-energy cardio class that will leave them sweating, energized, and feeling better than when they walked in. Students will get their heart rate up and tone the body by switching from dynamic to slow controlled movements, all infused with hip-hop swag. Get ready to pop, lock, and tone to the sounds of Queen Bey in a dance party that will make you forget you're working out.

HOMEcoming: A Hip-Hop Cardio Experience takes place at The Joan Weill Center for Dance – New York's largest building dedicated to dance and the home of Alvin Ailey American Dance Theater. Space is limited, so sign-up today at [www.aileyextension.com](http://www.aileyextension.com).

Ailey Extension  
405 West 55th Street Apartment 26  
New York, NY, 10019  
212-405-9500  
<https://www.aileyextension.com/hip-hop-cardio-party>

Schedule  
May 18, 2019: 12:30pm

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