

Sunday, January 18, 2026

Winter Wellness Day

Company: Paul Taylor Dance Company / Taylor Center for Dance Education (Taylor Dance West)

Venue: Taylor Dance West

Location: New York, NY

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TAYLOR

Paul Taylor Dance Company

What:

Winter Wellness Day — a free, community-wide event offering movement classes, wellness demonstrations, performances, and educational discussions for kids, teens, and adults. Activities include ballet, yoga, Pilates, Gyrokinesis, creative movement for kids, a Kinotek movement assessment demonstration, performances by the Taylor Teen and Scholarship Ensembles, and a wellness conversation with New York-based authors Jenn Trepeck and Kara Tatelbaum.

Tickets / Admission:

Free admission; advance sign-up encouraged. Space is limited.

Additional Information:

Open to all ages and experience levels. No prior dance experience required.

Special offer: Fitness classes at Taylor Dance West are \$15 for the entire month of January.

Paul Taylor Dance Company / Taylor Center for Dance Education
(Taylor Dance West)
307 West 38th Street 9th Floor
New York, NY, 10018
<https://airtable.com/appTY6mXC0DKOIXvT/pagJ83J5fi8DQoVI6/form>

Schedule
January 18, 2026: 11:00am

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