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Media Contact: Eva Dilmanian  
646.675.8550  
[eva@nycdanceweek.org](mailto:eva@nycdanceweek.org)

## **NYC Dance Week Announces Official 2014 Schedule of Events From Thursday, June 19 – Saturday, June 28, 2014**

### ***Third Annual Celebration of Dance Offers Free Classes at Studios, Parties, Performances, Workshops and more***

New York, NY -- **NYC Dance Week**, the 10-day festival of free and discounted dance, fitness and wellness classes, will take place at dance studios across New York's five boroughs from **Thursday, June 19 – Saturday, June 28, 2014**. In addition to Dance Week's 2014 Studio Partner, **Mark Morris Dance Center**, this year, the festival will also offer classes in collaboration with **The Ailey Extension, Power Pilates, Ballet Academy East, Dancewave, Z Club NY** and more. A complete schedule of free classes is now available at <http://nycdanceweek.org/the-festival/free-classes> and a schedule of discounted classes is available at <http://nycdanceweek.org/the-festival/discounts>. Required registration for NYC Dance Week Passes is now open online at <http://nycdanceweek2014.eventbrite.com>.

NYC Dance Week invites New York studios, dance students, businesses, volunteers and other organizations to participate in the largest and most inspiring Dance Week to date. During the festival, participants may join any in an exciting array of dance and fitness classes, from classical ballet to West African dance to Pilates to Zumba. NYC Dance Week continues to push beyond traditional dance styles to demonstrate how all movement benefits the mind, body and spirit.

In partnership with sponsor **m1-5 Lounge**, Dance Week invites all dance enthusiasts and the general public to its official **Festival Kick-Off Party** at m1-5 (located at 52 Walker Street in Manhattan) on Tuesday, June 10 at 7:00 PM. The free event will start the festival with high energy, boasting endless dancing to the great beats supplied by HeyDJCam and DJ Time Grae. VIP tickets are available for purchase, with all proceeds benefiting Dance Week. RSVP required on Eventbrite, <http://bit.ly/1oezdxx>.

In the days leading up to the festival, dancers may also get warmed up at a series of unique **Fitness Labs** organized by festival affiliate **FitEngine, Inc.** FitEngine, Inc. is a trusted source for inside information on fitness and wellness. Three of these free Fitness Labs will be taught by **official NYC Dance Week 2014 Ambassadors: Kat Wildish**, high-caliber ballet instructor; **Martha Chapman**, Co-Director of Omega Dance Company; and **Mary S. Burns, Ph.D.**, veteran instructor of movement. Labs range from strength-building and stretching to beginner hip-hop and ballet classes. A complete schedule of free Fitness Labs is available at: <http://nycdanceweek.org/the-festival/fitness-labs>.

In conjunction with the festival, sponsor **Harkness Center for Dance Injuries** will host two informative learning events for Dance Week participants. On Thursday, June 19 at 2:30 PM, Harkness will offer an **Injury Prevention Seminar** at the Peridance Capezio Center. On Monday, June 23 at 4:00 PM, participants may drop-in for a **Health & Wellness Q&A Session** at Gibney Dance Center. Attendees may also sign-up for free Injury Prevention Assessments during the festival.

Finally, as NYC Dance Week winds down, participants are invited to watch performances of new dance works at a special showcase by its sister project, **NYC10**, at Dixon Place on Wednesday, June 25.

To stay updated with the latest news from Dance Week, please visit the festival's website at [nycdanceweek.org](http://nycdanceweek.org), like the Facebook page at <https://www.facebook.com/pages/NYC-Dance-Week/185085796592> and follow the party on Twitter @nycdanceweek.

### **About NYC Dance Week**

NYC Dance Week collaborates with both new and established studios in New York City to celebrate the joy and diversity of dance with an annual 10-day event of free dance, fitness and wellness classes. The celebration encourages New York City to experience dance, inspiring all to love and maintain active, healthy and energized lifestyles. The festival is held every June at dozens of venues throughout New York City and benefits thousands of participants. Throughout the year, Dance Week continues to promote dance studios and companies through its newsletter, projects, dance/fitness events and partnerships. Nearly 40 local studios partner with the organization each year to increase public awareness and unite the dance community. For more information, please visit: <http://nycdanceweek.org/the-festival#sthash.IQQXKV3q.dpuf>.

### **About NYC10**

NYC10 is a sister project of NYC Dance Week. It's a dance initiative where 10 emerging dance companies/dance groups/dance troupes are given up to 10 minutes to showcase their work. NYC10 is a unique opportunity to showcase new work awaiting feedback and reviews. It's a platform to expand and explore new repertoires or simply try something new. For more information, please visit: <http://nycdanceweek.org/nyc10#sthash.7xpAXXWD.dpuf>.

NYC Dance Week and NYC10 are both produced by Tendu Inc., organized exclusively for charitable and educational purposes to promote diversity of dance in the City of New York. NYC Dance Week and NYC10 are fiscally sponsored by Fractured Atlas and partly sponsored by FitEngine Inc., a website that provides empirical views, technical fitness insight and expertise on wellness programs and fitness classes.

### **About our Partner Studio, Mark Morris Dance Center**

The Mark Morris Dance Center in Brooklyn, NY, is home to the Mark Morris Dance Group and houses seven fully-equipped, column-free studios with sprung floors and natural light, ranging in size from 430 ft<sup>2</sup> to 3,600 ft<sup>2</sup>. The Dance Center offers over 40

dance and fitness classes per week for adult students of all levels and abilities, plus Master Classes, Workshops and the free Dance for PD® program. The School at the Mark Morris Dance Center provides a diverse range of classes for children and teens ages 4-17, of all dance abilities. There is also a Student Company, professional and pre-professional Summer/Winter Intensives, as well as Parent-Toddler movement classes. Live music is a feature of all dance classes. For more information, please visit: <http://nycdanceweek.org/the-festival/partners#sthash.x1Wh4GDo.dpuf>.

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