

DANCE MARATHON FOR DANCERS RESPONDING TO AIDS CHARITY

SATURDAY, JULY 18

10:30AM-4:00PM

44TH ST. @ LEXINGTON AVE.

SCHEDULE OF EVENTS

10:30AM-10:45AM WELCOME W/ MICHELLE ROTH

Receive your raffle ticket for the end-of-day giveaways!

10:45AM-11:30AM ATF W/ MICHELLE ROTH

Warm Up, Move Across the Floor, Strengthen, and Stretch to prepare for the day!

11:30AM-12:15PM MASALA BHANGRA WORKOUT® W/ MICKELA MALLOZZI

The Masala Bhangra Workout® introduces Bollywood dance moves in an easy-to-follow fitness format designed for people of fitness levels. Created by Sarina Jain.

12:15PM-1:00PM ROCKETTE KICKLINE & CHOREOGRAPHY W/ LAURA CASSELMAN

A professional dancer for 15 years and current Radio City Rockette, Laura, will be teaching a Rockette style jazz class. Technique and precision will be the class focus along with secrets of the famed toe-to-eye kickline.

1:00PM-2:00PM CALVINOGRAPHY®: PLATINUM W/ CALVIN WILEY

The ultimate advanced aerobic dance class requiring a seasoned mind, body and soul. Movement vocabulary consisting of, but never limited to: jazz dance, traditional aerobics and theatre. Experience Calvin's unique signature choreography to revitalize and jump-start your motivation and creativity.

2:00PM-3:00PM DANCE! W/ JAMES ERVIN

End the day with a unique routine from Equinox's own James Ervin! He has been a professional dancer and instructor, performing on Broadway and around the world! This class will combine a smooth lyrical style with funky, sexy, and fun hip hop that will leave you wanting more!

3:00PM-3:15 PM FOOD AND DRINK

3:15PM-3:45PM PERFORMANCE!

Each performance is choreographed by Equinox instructors and employees.

3:45-4:00 PM RAFFLE PRIZE GIVEAWAYS!

Free massages, PT sessions, Gift Cards...

Minimum suggested donation for members is \$20/class or \$60/day, and \$25/class or \$75/day for non-members. Become a member on this day for \$0 initiation. Tax-deductible. Performance included. Space is limited. Register at the 44th Street Location front desk today!



IT'S NOT FITNESS. **IT'S LIFE.**

