



FOR IMMEDIATE RELEASE
9.10.13

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RHYTHM & MOTION COMES TO RICHMOND **California-based dance workout now offered by The School of Richmond Ballet**

RICHMOND, VA – Rhythm & Motion, a dance workout class that inspires anyone to say “I am a dancer,” has joined with The School of Richmond Ballet, Richmond Ballet’s professionally-run school, to offer classes at the School’s downtown Richmond location.

Rhythm & Motion partnered with The School of Richmond Ballet to introduce the dance workout program in the spring of 2013, and it has grown into a popular class now offered as part of the regular line-up of adult classes for this fall. Founded on the principle that “anyone can dance” and taught by experienced dancers, the Rhythm & Motion workout fuses dance styles and eclectic music to create an invigorating, physically challenging, and fun experience. With classes that are open to all – from absolute beginners to professionals – Rhythm & Motion emphasizes the joyful expressiveness and community spirit of dance.

The program, having seen much success in its native California market as well as at the Cincinnati Ballet in Ohio, is thrilled to partner with The School of Richmond Ballet to bring Rhythm & Motion to the River City. “Rhythm & Motion is bringing the joy of dance to a broad spectrum of students in the Richmond area,” says Rebecca Weger, School Manager at The School of Richmond Ballet. “The inclusivity of the classes makes them accessible to all adults, college aged through retirees. As Rhythm & Motion teachers, we love to see the different ages, backgrounds and styles of life in our classes. Each week we look forward to meeting new people, teaching new dances and expressing ourselves through the art of dance!”

“I feel like it’s introduced me to a whole [new] way to relate to myself, and certainly to dance as an art form, to other people... and [to a] sense of community,” says one Rhythm & Motion student. Dudley Flores, the program’s artistic director who came to Richmond in August to continue the training of the School’s Rhythm & Motion teachers says, “I love teaching Rhythm & Motion because it is an inspiring dance workout that draws on many different dance styles through choreography created by accomplished and working professional dancers. I love seeing my students meet the challenge of moving their bodies in different ways.”

“When the idea for Rhythm & Motion came about, I really wanted to find a way to bring the joy of dance to people from all walks of life, and build and enhance community through dance. And that’s what we’ve been doing for nearly 35 years!” says founder Consuelo Faust.

Rhythm & Motion dance workout classes are offered at The School of Richmond Ballet on Tuesdays and Thursdays from 7:15pm – 8:30pm, and Saturdays from 10:45am – 12:00pm. Classes are just \$10 each, with discounted class cards available. For more information about Rhythm & Motion classes, pricing and schedules, as well as information on other Adult classes, please visit The School of Richmond Ballet’s website at <http://www.richmondballet.com/school/classes/adult/>.

About Rhythm & Motion

The Rhythm & Motion Dance Program offers fun, high-energy dance-based workout classes for everyone! Rhythm & Motion was founded in 1979 by dancer and teacher Consuelo Faust on the belief that that dance should be a visible, accessible, and joyful part of a larger world. The program offers classes for all, from absolute beginners to professionals. Classes are taught by experienced dancers representing a broad range of styles and disciplines. In proud partnership with the following organizations, the Rhythm & Motion Dance Workout is offered at the ODC Dance Commons and other satellite locations in San Francisco; at Motion Pacific in Santa Cruz, California; at the Cincinnati Ballet in Ohio; and at Richmond Ballet in Virginia. Everyone is welcome, and anyone can dance!



For more information on Rhythm & Motion, please visit www.rhythmandmotion.com or contact Lisa Vieira at 650.823.1909 or lisav@rhythmandmotion.com.

About The School of Richmond Ballet

In its 38-year history, The School of Richmond Ballet has consistently attracted world-class teachers and offered superior ballet training to thousands of students. The School offers graduated professional-track classes designed for the aspiring ballet dancer. In addition, those who simply wish to enrich their lives through dance may choose from a variety of classes – ballet, modern, jazz, theatre dance, character dance – which are open to children and adults of all levels.

The School of Richmond Ballet Summer Intensive Program provides intermediate and advanced students with a concentrated learning opportunity for five weeks each summer. Pre-professional students enrolled in a two-year Trainee Program receive invaluable experience through daily classes and performing opportunities with the Richmond Ballet professional company. Trainees may also earn credits toward a BFA degree in dance from Virginia Commonwealth University.

In addition to annual spring performances, students at The School of Richmond Ballet have the opportunity to audition for Richmond Ballet professional productions each year, including the annual production of *The Nutcracker*. Additional student performance opportunities are available with The SRB Ensemble and Ensemble II.

For more information about The School of Richmond Ballet, please contact Rebecca Weger at 804.344.0906, ext. 231 or rweger@richmondballet.com.

For more information about Richmond Ballet and its classes and programs, visit www.richmondballet.com or call 804.344.0906.

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Richmond Ballet, The State Ballet of Virginia, is dedicated to the education, promotion, preservation, and continuing evolution of the art form of ballet. Richmond Ballet strives to keep meaningful works of dance alive and to produce and foster new works that remain true to these values. Now in its 30th professional season, Richmond Ballet's mission is to "awaken and uplift the human spirit, both for audiences and artists."