

MEDIA RELEASE



FOR IMMEDIATE RELEASE

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BALLET AUSTIN'S "GET FIT 2023!" SUNDAY, JANUARY 15TH

JOIN BALLET AUSTIN FOR THE 14TH ANNUAL DAY OF FREE FITNESS & PILATES CLASSES

AUSTIN, Texas (January 4, 2023) – Ballet Austin's [Butler Center for Dance & Fitness \(BCDF\)](#) welcomes the Austin community back to its downtown studios for a day designed to get Austin moving in the New Year. With 42 different classes offered throughout the day, participants will take classes from Ballet Austin's exceptional professional teaching staff.

GET FIT 2023!

In January each year, Ballet Austin hosts "Get Fit!" as a celebration of adult health and well-being, and a day to inspire people to get moving and stay active. Attendees are encouraged to explore a variety of fitness, dance fitness, and Pilates classes offered year-round at Ballet Austin, and to make physical activity a priority in their lives.

"Movement is powerful. Moving the body daily is one of the best things we can do for our overall health. It has the power to improve body, brain, mood, and more," says Vicki Parsons, Director of Ballet Austin's Butler Center for Dance & Fitness and Pilates Center. "It is never too late to get started. Wherever you are in your workout journey, start where you are and let's move together in 2023! It all begins at Get Fit!"

This year's "Get Fit!" event will take place all day on Sunday, January 15 at Ballet Austin's Butler Dance Education Center, located downtown at 501 W. 3rd Street, Austin, TX 78701. Classes begin at 10:00 a.m. and run until 4:00 p.m. FREE classes at "Get Fit 2023!" will include: Pilates reformer classes, mat-based workouts, Bollywood Cardio Dance Fitness, Cardio Hip Hop, active aging classes, and more. Classes are geared towards adults.

MAKING HEALTH A PRIORITY

While research shows that 80% of New Year's resolutions fail by mid-February, Ballet Austin wants to change that statistic and help people attain their health goals. Whether participants are picking back up on a forgotten hobby, continuing a fitness goal, or exploring new and enjoyable

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ways of moving their bodies, Ballet Austin welcomes everyone to join in and “Get Fit!”

Ballet Austin’s mission is “to involve and strengthen our community through the creation and experience of dance and the encouragement of health and well-being.” The Butler Center for Dance & Fitness’ “Get Fit!” event is the perfect example of Ballet Austin’s dedication to celebrating and encouraging the health of the Austin community.

FOR MORE INFORMATION

Those interested in participating in this year’s “Get Fit!” event can learn more by visiting Ballet Austin’s [Get Fit!](#) page. Explore the schedule for the day and sign up for individual classes by following the [sign-up link](#).

ABOUT THE BUTLER CENTER FOR DANCE & FITNESS

Ballet Austin’s Butler Center for Dance & Fitness is made possible through the generosity of Sarah and Dr. Ernest Butler. Located in the heart of downtown Austin, the Butler Center for Dance & Fitness offers a variety classes for adults of all ages and levels looking for the best place to dance or work out. It is a place of community; a place where everyone can discover the joy of movement! Over 60 classes and workshops are hosted here each week, including Pilates, Ballet, Hip Hop, Hula, Contemporary, Jazz Funk, Latin Dance, African, Bollywood, Dance Fitness, Conditioning, Active Aging and more! The BCDF strives to provide a meaningful, enjoyable, and memorable experience every time an individual visits, and to remain committed to promoting the health and well-being of all members of the Austin community.

ABOUT BALLET AUSTIN

As distinctive and dynamic as the city it calls home, Ballet Austin welcomes audiences near and far to participate in its “classically innovative” vision for the creation of original artworks, classical ballet instruction, and life-long health and wellness through dance and fitness. With a rich history spanning six decades, acclaimed productions, a commitment to creating access to programs, and a large, classical ballet academy, the organization is poised for an even greater future. From their home at the Butler Dance Education Center in downtown Austin, Ballet Austin and Stephen Mills, Ballet Austin’s Sarah & Ernest Butler Family Fund artistic director, actively engage the community, dancers, and audiences alike. The New York *Times* proclaims Ballet Austin “a company with big ambitions” originating work that is “absorbing.” For additional information on Ballet Austin and to purchase tickets and classes, visit balletaustin.org.

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Get Fit 2023! Event Sponsor

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Arrange interviews, access high-resolution images and videos, by contacting **Sarah Pace** at **512.476.9151 ex. 137**, or via e-mail at sarah.pace@balletaustin.org. Did you know Ballet Austin is a nonprofit, 501(c)(3) organization? [Learn more.](#)

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