

# MEDIA RELEASE



FOR IMMEDIATE RELEASE

Media Contact: Sarah Pace  
Office: 512.476.9151 ex. 137  
[sarah.pace@balletaustin.org](mailto:sarah.pace@balletaustin.org)

## **BALLET AUSTIN'S COME DANCE 2023!** **FREE EVENT SUNDAY, AUGUST 27<sup>th</sup>** *16<sup>TH</sup> ANNUAL DAY OF FREE DANCE INVITES ALL TO EXPERIENCE THE JOY OF DANCE*

AUSTIN, Texas (August 8, 2023) – Ballet Austin's award-winning [Butler Center for Dance & Fitness \(BCDF\)](#) invites the community to its downtown location for the 16<sup>th</sup> annual COME DANCE event, a day of FREE dance on Sunday, August 27. The fun-filled event offers 30 different dance classes throughout the day led by Ballet Austin's exceptional professional teaching staff. Since 2008, COME DANCE has reached over 26,000 attendees, all eager to discover the joy of dance. COME DANCE 2023 invites everyone to try out our variety of classes and to enjoy time in our welcoming and energetic community.

### **EVERYONE CAN DANCE**

Ballet Austin hosts COME DANCE each August as a way to share the experience and joy of dance. All are welcome to participate, whether those dance shoes were worn last week, as a child, or never. COME DANCE is the perfect FREE opportunity for all dance levels to sample a variety of Ballet Austin's adult dance classes.

Vicki Parsons, Director of Ballet Austin's Butler Center for Dance & Fitness, says of the event: "Every year since 2008, COME DANCE has been Ballet Austin's gift back to the community. We make dance accessible to adults of all ages and levels of dance training, and hope that as people participate, they experience the many physical and mental health benefits dance has to offer."

This year's COME DANCE event takes place on Sunday, August 27 at Ballet Austin's Butler Dance Education Center (BDEC), located downtown at [501 W. 3<sup>rd</sup> Street, Austin, TX 78701](#). Classes begin at 1:00 p.m. and run until 5:00 p.m. FREE classes offered during the day include: ballet, Bollywood, cardio dance, cardiofunk, contemporary dance, Hawaiian dance, hip hop, jazz funk, modern dance, tap, and West African dance. All instructors featured are part of the BCDF's teaching staff and are authentic to their dance style or genre, coming to Austin from the Ivory Coast, Hawaii, Columbia, India, the Philippines, and Mexico. Classes are geared towards adults. Join us to get back in motion after the long summer months and to learn more about how to make a workout fun through dance.

### **THE EVIDENCE IS IN: DANCING CAUSES JOY!**

# MEDIA RELEASE



Regularly offering over 90 different classes per week, the Butler Center for Dance & Fitness welcomes over 9,000 adults annually taking dance classes, fitness classes, and Pilates Reformer sessions.

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' COME DANCE event perfectly illustrates Ballet Austin's dedication to celebrating and encouraging the health of the community. Dancing has been proven to ease depression, boost moods, support the cardiovascular system, improve strength and balance, and is one of the best activities to encourage overall mental and physical health. And it's fun!

No previous dance experience is necessary to participate in what Ballet Austin has to offer. So COME DANCE for the joy of it!

## FOR MORE INFORMATION

Those interested in participating in this year's COME DANCE event can learn more by visiting Ballet Austin's [COME DANCE 2023!](#) webpage. 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 (BCDF) 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 of 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 90 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

# MEDIA RELEASE



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](http://balletaustin.org).

## ATTENTION MEDIA REPRESENTATIVES

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](mailto:sarah.pace@balletaustin.org). Did you know Ballet Austin is a nonprofit, 501(c)(3) organization? [Learn more.](#)

- END-