

MEDIA RELEASE



FOR IMMEDIATE RELEASE

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BALLET AUSTIN'S "GET FIT 2024!" SUNDAY, JANUARY 14TH

JOIN BALLET AUSTIN FOR THE 15TH ANNUAL DAY OF FREE FITNESS & PILATES CLASSES

AUSTIN, Texas (January 1, 2024) – Ballet Austin's [Butler Center for Dance & Fitness \(BCDF\)](#) welcomes Central Texas to its downtown studios on Sunday, January 14 for **Get Fit 2024!**, a day of **FREE** Fitness and Pilates. With 43 different classes offered throughout the day, participants enjoy complimentary classes taught by Ballet Austin's highly trained professional teaching staff. Ballet Austin invites everyone to join in the celebration of health and well-being to promote a healthier New Year and to **Get Fit!**

GET FIT 2024!

Each January, 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 the variety of fitness, dance fitness, and Pilates classes offered year-round at Ballet Austin and to make physical activity a priority in their lives – all for FREE.

This year's **Get Fit!** event will take place on Sunday, January 14 at Ballet Austin's Butler Dance Education Center, located downtown at 501 W. 3rd Street. Classes begin at 10:00 a.m. and end at 4:00 p.m., with each class lasting 45 minutes. FREE classes at **Get Fit 2024!** may include: Intro to Pilates Reformer (machines) workouts, Pilates mat-based workouts, Conditioning & Stretch workout classes, Barre Fitness, Yoga, Cardio Hip Hop, CardioFunk, Latin Dance Fit, Pom Fitness, Dance Fitness Workout, and Intro to Ballet. Participants must register online in advance for the individual classes of their choice. Classes are designed for adult students.

"When January rolls around, many of us resolve to work out more, but statistics suggest that by February 80% of those resolutions fail! One of the best ways to stay motivated is to enjoy what we do, to move our bodies in a way that feels good to us," says Vicki Parsons, Director of Ballet Austin's Butler Center for Dance & Fitness and Pilates Center. "Making physical activity an enjoyable part of everyday life is what we do at Ballet Austin. Wherever you are in your workout journey, join us and let's move together in 2024!"

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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." Being active is one of the best ways to promote physical and mental health, improve mood, relieve stress, and many more benefits. The Butler Center for Dance & Fitness' annual **Get Fit!** event is the perfect example of Ballet Austin's dedication to celebrating and encouraging the health of the Central Texas community.

FOR MORE INFORMATION

Those interested in participating in **Get Fit!** can learn more by visiting Ballet Austin's [Get Fit!](#) page on the Ballet Austin website. 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 2024! Event Sponsor

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Arrange interviews, access high-resolution images and videos, by contacting **Sarah Pace** at **512.476.9151 ex. 118**, 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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