



MANHATTAN MOVEMENT & ARTS CENTER Beautiful Dance & Fitness Center Opens on the Upper West

NEW YORK, NY – A brand new 18,000-square-foot fitness & dance space has recently opened on the Upper West Side, offering a wide variety of unique programs. The Manhattan Movement & Arts Center located at 248 W. 60th Street (between Amsterdam and West End) boasts dance & fitness studios, a theater, magnificent event space and a café.

MMAC also offers more classes than any space in New York – including extremely unique programs like Aerial Fitness (where even kids can learn Cirque du Soleil moves), Broadway Jazz and Egyptian Style Dance. The center also offer basic classes including pilates, ballet, yoga, hip hop fusion and a full children’s program.

“This facility is truly unique,” says Rose Caiola, owner and director of MMAC. “MMAC is a place for all. Parents can bring their children to experience the Children’s Program while they enjoy a fitness class. It is also the home to the Manhattan Youth Ballet where aspiring ballerinas, professional dancers and inner city children looking to get their start in the world of theater and dance can excel.”

MMAC space is also available to rent out for auditions, studio shoots, birthday parties, and so much more.

About Manhattan Movement & Arts Center

Manhattan Movement & Arts Center, located on the Upper West Side just south of Lincoln Center, comprises 18,000 square feet of obstruction-free dance studios and a state-of-the-art, 160-seat theater. MMAC is the home of the Manhattan Youth Ballet pre-professional academy and performance company, which was founded in 1994 as Studio Maestro by Rose Caiola. MMAC also offers a full schedule of adult open dance and fitness classes for all levels and a comprehensive children’s program, and has become a popular rental venue for auditions, rehearsals and special events. Broadway Triple Threat is one of several summer programs introduced by MMAC to encourage creativity and artistry in young people. Additional information: www.manhattanmovement.com and www.manhattanyouthballet.org

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Press Contact:

Danielle Mayer
5W Public Relations
Tel: 646.452.6400
dmayer@5wpr.com