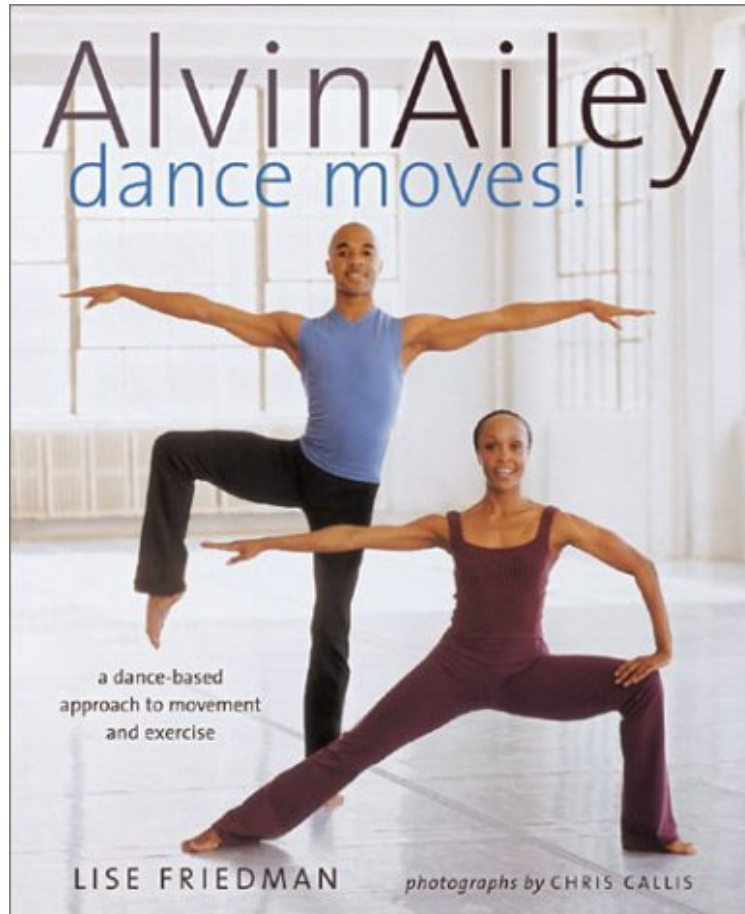


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## Alvin Ailey Dance Moves!: A New Way to Exercise

Lise Friedman

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**Lise Friedman : Alvin Ailey Dance Moves!: A New Way to Exercise** before purchasing it in order to gage whether or not it would be worth my time, and all praised Alvin Ailey Dance Moves!: A New Way to Exercise:

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Complemented by 250 full-color photographs, this innovative new approach to fitness introduces an array of exercises and routines based on dance and movement techniques from the Alvin Ailey American Dance Theater, all designed for individuals of all fitness levels to help improve posture, increase strength and stamina, promote flexibility, support

relaxation, and relieve aches and pains. Original. 50,000 first printing.

"No company in this country is dancing better than the Alvin Ailey American Dance Theater." About the Author  
Lise Friedman, a former dancer with the Merce Cunningham Dance Company, is the author or co-author of 3 books. She is an adjunct professor at New York University, and a contributing editor at Elle, as well as a journalist who writes about the performing arts for various publications. Friedman has edited several books, including *Poor Dancer's Almanac*, *Managing Life and Work in the Performing Arts*, and John Gruen's *People who Dance*. She was the founding editor of the award winning quarterly *Dance Ink*.