



Wake up with Cheddar News: Get Fit Through Dance with Ailey Extension

January 11, 2023



Four segments aired during the 7-9am news hour:

- Watch the 7:00am segment [here](#). (3:41 minutes)
- Watch the 7:30am segment [here](#). (3:45 minutes)
- Watch the 8:00am segment [here](#). (3:33 minutes)
- Watch the 8:30am segment [here](#). (3:30 minutes)

Cheddar News' Shannon LaNier joins in the dance at the Ailey Studios to sample Ailey Extension's New York Style Mambo with Katherine Jimenez and learn about Ailey Extension's offerings for people of all levels and backgrounds.