



American
Heart
Association.

**DAYTIME
DANCE
OFF**

with
tWitch & Allison
Tune in for our Free
Livestream Series.

heart.org/MoveMoreTogether
#MoveMore

Our #MoveMore parties are keeping our hearts pumping and spirits high! In fact, they're essential to our well-being during quarantine.

This week, tWitch & Allison are back for more high-energy dance workouts. These professional dancers, choreographers, So You Think You Can Dance

alums and TV personalities know how to get people moving. (You may recognize tWitch as the DJ on The Ellen DeGeneres Show.) We're also welcoming Aniya Foster of Chicago's The Well to the party.

Check out this week's schedule of movement motivators:

- Dance party with tWitch and Allison Boss on Monday, Wednesday and Friday at 12 noon CDT
- Pilates with Neela Forzisi on Monday at 8 p.m. CDT
- Cardio and strength with Dre Nichols-Everett on Tuesday at 8 a.m. CDT
- Yoga with Sylvia Mason on Tuesday and Thursday at 8 p.m. CDT
- HIIT with Carlie Carpio on Wednesday at 8 p.m. CDT
- Cardio and strength with Aniya Foster on Thursday at 8 a.m. CDT

So grab your family and invite your friends — all levels and all ages can do this. Join us and feel the energy of being part of a virtual community moving through the tough times together.

HOW TO JOIN

We're streaming live on **Facebook**, **Instagram**, **YouTube**, and **our website** every weekday. Check the schedule above and add us to your calendar so you don't miss the party!

[ADD TO MY CALENDAR](#)



GREAT GIFTS FOR MOMS WHO MOVE

Mother's Day is around the corner — get some new workout gear for the moms in your life (or yourself) on ShopHeart. Every purchase helps fund the American Heart Association's lifesaving work. That includes supporting health care professionals on the front lines, plus heart and stroke patients, who are especially vulnerable during this pandemic.

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Stay connected. Our Warmline connects stroke and heart disease survivors and their families with an American Heart Association team member who can provide support, helpful information or just a listening ear.

Call 1-800-AHA-USA1.