

WGBH NEWS

ARTS

Jared Bowen On Urbanity Dance, And The Value Of Keeping Active At Home



Avoiding gyms and exercising at home during pandemic illness

Drazen_/Getty Images

By **Aidan Connelly**

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Just because you're stuck inside, doesn't mean you can't bust the occasional move.

On Wednesday, WGBH Executive Arts Editor joined *Boston Public Radio*, where he talked about a new series of virtual dance classes taught by the folks at Boston's **Urbanity Dance**.

"I think they are able to leverage this moment where a lot of us are feeling that we're not getting enough exercise, and we need to learn new things or change things up," Bowen said.

Urbanity Dance is currently offering classes for all experience levels, including a free program for people with Parkinson's disease.

"They can teach you, they can take you to the first step," he said. "Dancers have always told me [that] even if, like me, you think you have no dancing ability whatsoever— and I think there are wedding videos to prove it— you can still find movement in yourself."

Correction: This article previously referred to Urbanity Dance as a group from Hyde Park instead of Boston. This has been corrected. WGBH News apologizes for the error.



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Aidan Connelly is a production assistant on *Boston Public Radio*. A graduate of Emerson College with a B.A in journalism, his work has appeared on WBUR, KCRW, and *The Marketplace Morning Report*.

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