



FOR IMMEDIATE RELEASE
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Be Inspired Get Moving Get Fit

DANCE IT OUT

Billy Blanks Jr. International Fitness Guru Hosts ‘Dance It Out’ On Lifetime!

Greenwich, CT- Billy Blanks Jr., International Fitness Guru and popular Shark Tank guest Billy Blanks Jr. brings his brand of fitness and fun to **Saturday Mornings on Lifetime**. Be ready to join in and DANCE IT OUT! The first of its kind, **Dance It Out (DIO)** is a **Moving Fitness Talk Show**. Each show opens with an **inspiring emotional interview** where guests share their soul affirming stories of **overcoming major life challenges through dance and movement**. Meet guests like Melissa who shares her personal story of being bullied for her weight and losing 100 pounds through dance, Timothy Bannon and his mom Linda were born without arms and share how they live life to the fullest and Chesney Snow who shares his inspirational journey from being homeless to becoming a Broadway Star. After you are up close and personal with each inspiring guest, you will feel energized to get off your couch and dance along with Billy, his guest, his VJ and the **dazzling DIO dancers!**

Learn new dance moves in every genre ranging from Pop, Hip Hop, Salsa, Bollywood and more. Get your heart pumping and burn 700 to 1200 calories in an uplifting and energized 30 minutes. Billy also surprises his guests with celebrity guest-stars from Broadway, fitness, music, TV and social media. Season 1 celebrity guests include: **James Iglehart (Aladdin’s Tony Award-winning Genie on Broadway)**, **Timothy Bannon (YouTube Influencer with 112M+ views)**, **Bryson Bernard (Artist/Creator of The Cupid Shuffle Dance)**, **Aydin Eyikan (World of Dance)**, **MoveU (Online Fitness Duo with \$1M+ fans)** and more. Dancing works out your body and your brain and is the perfect activity for the whole family.

Dance It Out is an innovative morning TV Show which combines **getting fit while being inspired**; making an audience feel good both inside and out! The DIO message is always on point letting viewers know **dance heals**, they are not alone and there is **always a way to keep moving to get the best out of life**.

Get Inspired, Get Moving and kick off your weekend with us! **DANCE IT OUT** Saturday mornings 10:30AM EST on Lifetime **premiering February 15, 2020!** www.danceitout.com

For more information or to set up an interview with Billy, please reach out to our contacts below.

Follow Dance It Out: www.danceitout.com @danceitouttv @billyblanksjr #iAMdiofam
https://www.youtube.com/watch?v=qALp_kq53ys&list=PL5QlpyUa7vAVDkRNi3PRxWRtac9Frs3qb

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About Billy Blanks, Jr.

Self-taught working professionally from his youth, Billy Blanks Jr. gained much exposure and experience in the world of dance and entertainment. As his prominence grew, Billy earned roles as a dancer in music videos with Paula Abdul, Madonna, Celine Dion, Crystal Method (directed by Gore Verbinski), Quincy Jones, and Babyface. His credits include TV appearances on American Dreams with Alicia Keys, The Practice, Sister Sister, Kids Incorporated, Homeboys From Outer Space, My Cousin Skeeter, and The Tonight Show. Billy starred as Tyrone Jackson in the US and European touring companies of the Broadway musical *Fame*. He went on to direct and choreograph the WeSparkle Take II Celebrity Concert with Tom Hanks, Jason Alexander, Brian Cranston, Joey Lawrence, Britney Spears, Michael Chiklis, Hal Sparks, the cast of Will & Grace, and more. He also choreographed the end sequence for the movie I Hope You Dance. Billy made his directorial debut in NYC at Madison Square Garden directing One Night With The Stars starring Broadway Legends Betty Buckley, Lainie Kazan, Telly Leung, Mandy Gonzalez, Constantine, Tom Bergeron, Jordin Sparks, Noah Galvin, Fran Drescher, and many more.

Over time, Billy has become the face for the new generation of fitness with his revolutionary dance program, Dance It Out. He made history on the hit TV show Shark Tank after turning down a deal proposed by Mark Cuban and Daymond John when the latter shark left the tank and talked Billy into taking the deal. The result was his business Dance It Out® (DIO®) becoming the fastest growing fitness based dance program in America. Billy is the son of Tae Bo® creator Billy Blanks.

Billy Blanks Jr. launched the *MoveTube Network* where he produces and directs feel good workouts, motivational content, and other inspirational videos featuring today's hottest dancers and celebrities. Billy is thrilled to launch his dream Moving Fitness Talk Show ***Dance It Out on Lifetime!***