

FOR IMMEDIATE RELEASE

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Starlight Announces Sip + Sweat Wellness Event



Starlight's first-ever Sip + Sweat is presented by AdventHealth.

KANSAS CITY, Mo. – Starlight Theatre is pleased to announce Sip + Sweat—the first-ever wellness event held on the theatre's historic stage. Presented by AdventHealth, Starlight's Sip + Sweat will take place Sunday, June 28, beginning at 9 a.m. Tickets are \$35, inclusive of fees, and include a 50-minute mat-based pilates class and a complimentary beverage. Tickets are available now at kcstarlight.com, by calling (816) 363-7827, or by visiting the ticket office at 4600 Starlight Road, Kansas City, Mo., 64132.

Take center stage at Starlight alongside a trained Club Pilates professional as they guide a meditative flow paired to a soundtrack of Starlight's 2026 AdventHealth Broadway Series. Afterwards, unwind in the Applause Club with a complimentary Boba Tea Drink from Chatime Overland Park while mingling with a like-minded health and wellness community. This event is recommended for ages 13+ and participants are asked to bring their own mat.

"We're excited to introduce this new event as a way for our community to experience Starlight beyond a traditional performance night," Lindsey Rood-Clifford, Starlight's President + C.E.O., said. "The Sip + Sweat also invites new audiences to come together for wellness, movement, and connection on our iconic stage, a place where unforgettable experiences come together year-round."

MORE

About Club Pilates

Discover a stronger, more balanced you at our locally owned Club Pilates studios, proudly serving Lee's Summit, Lawrence, Country Club Plaza, Prairie Village, and Parkville. As part of your community, we're committed to delivering a welcoming, boutique fitness experience where personalized attention meets proven results. Our instructors each complete over 450 hours of comprehensive training, ensuring every class is not only effective, but safe, supportive, and tailored to all fitness levels. Through low-impact, full-body workouts, you'll build strength, improve flexibility, enhance posture, and boost overall wellness—whether you're brand new to Pilates or a seasoned enthusiast.

Beyond the studio, we're excited to bring our community together in new ways. We're partnering with Starlight Theatre to offer a unique mat Pilates experience right on the iconic stage, set to the music of upcoming Broadway and concert performances. It's a one-of-a-kind opportunity to move, sweat, and connect in an inspiring outdoor setting. Because we're locally owned, we take pride in building real relationships and creating meaningful experiences that go beyond the workout. Join us and see how Pilates can transform not just your body, but your lifestyle.

How to Purchase Tickets

Tickets to Starlight's first-ever Sip + Sweat are on sale now and available online at kcstarlight.com, by calling (816) 363-7827, or by visiting the ticket office at 4600 Starlight Road, Kansas City Mo., 64132. For more information, please visit kcstarlight.com.

Please note that kcstarlight.com is the only official ticket source for all events at Starlight. If you purchase tickets from another website or ticket broker, we cannot guarantee those tickets are legitimate.

About Starlight

Opened as a theatre in 1950 and a nonprofit organization in 1951, Starlight is the largest and oldest performing arts organization in Kansas City, Missouri, and connects our community through live arts experiences that entertain, inspire, and engage audiences of all ages. Offering diverse programming year-round, Starlight presents Broadway musicals, concert events, and extensive community engagement programming, including arts access initiatives, scholarships, school partnerships, and one of the most well-regarded high school musical theatre award programs in the nation. Located on 16 acres in Swope Park, the historic, city-owned venue is the second-largest outdoor producing theatre in the country with almost 8,000 seats. Follow Starlight on social media @kcstarlight and visit kcstarlight.com for more information.

Starlight is supported in part by the City of Kansas City, Missouri Neighborhood Tourist Development Fund.

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