

## FOR AUDIENCES

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Wednesday, December 31, 1969 - Tuesday, May 5, 2020

### \$15 Body Sculpting & Cardio Open Classes

Company: Dance Theatre of Harlem

Venue: Dance Theatre of Harlem- Everett Center for the Performing Arts

Location: New York, NY

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A class designed to increase the physical range of the student through stretching, flexibility, and strengthening exercises for the upper and lower body as well as the core. Emphasis is placed on rhythm, dynamics, breath, moving in space, and cardio. All levels welcome!

Fitness Instructor, Darryl Quinton

Dance Theatre of Harlem

466 West 152nd Street

New York, NY, 10031

2126902800

<https://dancetheatreofharlem.networkforgood.com/events/10275-welcome-to-our-2019-fall-adult-fitness-classes>

Schedule

January 7, 2020: 7:30pm

January 14, 2020: 7:30pm

January 28, 2020: 7:30pm

February 4, 2020: 7:30pm

February 18, 2020: 7:30pm

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