

April 2 - May 14, 2024

Adult Open Classes

Company: Dance Theatre of Harlem
Venue: Dance Theatre of Harlem
Location: New York, NY

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Tuesdays Through May 14, 2024

Dance Theatre of Harlem Adult Open Classes with Darryl Quinton

Ballet Basics, 6:30pm – 7:30pm

Explore the fundamentals of ballet in a fun, laid-back environment. Appropriate for beginners and those who've been away from ballet for a while. The class focuses on correct alignment, increasing flexibility and range of motion, developing strength, articulation and the joy of movement.

Jazz Dance Workout, 7:30pm – 8:30pm

This upbeat, sweaty, fun work-out combines the basics of jazz dance and aerobic exercise, with an emphasis on building strength, endurance, and range of motion. No previous dance experience necessary.

Take one class for \$20 or a evening combo for \$35.

www.dancetheatreofharlem.org/openclasses

Dance Theatre of Harlem
466 West 152nd Street
New York, NY, 10031
212 690-2800

Schedule

April 2, 2024: 6:30pm
April 9, 2024: 6:30pm
April 16, 2024: 6:30pm
April 23, 2024: 6:30pm
April 30, 2024: 6:30pm
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