

Thursday, May 7, 2020

DTH Free Live Open Class: Pilates with DTH Alumna Courtney Cochran

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

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Come together and dance!

Take our DTH On Demand Free LIVE Open Class: Pilates on May 7th, 6:30-7:15 pm EDT taught by Special Guest Instructor Dance Theatre of Harlem Alumna Courtney Cochran live on our [Youtube channel!](#)

Align, balance, and strengthen your body through a blend of Pilates mat, barre, and active stretching. This Pilates class is designed to access your deepest core and stabilizing muscles, redefining how you approach movement and power your body. Open to all levels of movers!

Please note: A mat and Theraband are recommended for this class. A belt or scarf are good substitutes.

You don't want to miss it! Subscribe to our [Youtube channel](#) and tap the notification bell to be notified when we upload new videos!

[Learn more about DTH On Demand](#)

Dance Theatre of Harlem
Dance Theatre of Harlem
New York, NY, 10031

Schedule
May 7, 2020: 6:30pm

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