

FOR AUDIENCES

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October 3 - November 21, 2020

DTH Live Open Class: Stay Fit

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

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Rachel Neville

Whether you're dancing for fun or working towards your fitness goals, we have a variety of classes that you can enjoy from the comfort of your home.

Take our DTH On Demand LIVE Open Class: Stay Fit, Saturdays, 6:30-7:30pm EDT on Zoom. Our last November 21st class will be taught by DTH Company Artist Derek Brockington! [Purchase a class ticket](#)

Stay Fit is a fun, high energy fitness class that includes warm up, cool down, cardio, core strengthening, upper and lower body exercises. The intent is to get the entire body engaged, while using dynamic movement to increase the range of motion and prevent injuries.

You don't want to miss it! Classes are \$8 each and must be paid for online only. All purchases for open classes must be made by 6pm EST/ 2pm PST the day of the class. After that time, purchases will be closed. Once your purchase is made, the Zoom details will be included in your confirmation email.

[Learn more about DTH On Demand](#)

Dance Theatre of Harlem
Zoom
New York, NY, 10031
<https://dancetheatreofharlem.networkforgood.com/events/23700-dth-saturdays-on-demand-stay-fit>

Schedule
October 3, 2020: 6:30pm
October 10, 2020: 6:30pm
October 17, 2020: 6:30pm
October 24, 2020: 6:30pm
October 31, 2020: 6:30pm
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