

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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