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Tuesday, September 10, 2019 - Tuesday, May 5, 2020

## \$15 Body Sculpting & Cardio Open Classes

Company: Dance Theatre of Harlem

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

Location: New York, NY



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

September 10, 2019: 7:30pm

September 17, 2019: 7:30pm

September 24, 2019: 7:30pm

October 1, 2019: 7:30pm

October 8, 2019: 7:30pm

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#### Contact

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