

FOR AUDIENCES

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Wednesday, December 31, 1969 - 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
 January 7, 2020: 7:30pm
 January 14, 2020: 7:30pm
 January 28, 2020: 7:30pm
 February 4, 2020: 7:30pm
 February 18, 2020: 7:30pm
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