Wednesday, December 31, 1969 - Tuesday, May 5, 2020

$15 Body Sculpting & Cardio Open Classes

Company: Dance Theatre of Harlem
Venue: Dance Theatre of Harlem- Everett Center for the Performing Arts
Location: New York, NY

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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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