

## FOR AUDIENCES

Community Calendar Volunteering

## Friday, July 17, 2020

## DTH Free Live Open Class: Stay Fit with DTH Company Artist Derek Brockington

Company: Dance Theatre of Harlem Venue: YouTube Location: New York, NY Share | Print | Download

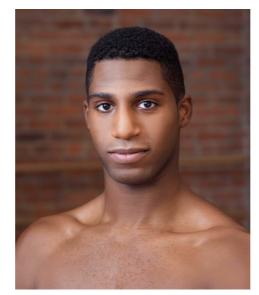


Photo by Rachel Neville

Come together and dance!

Take our DTH On Demand Free LIVE Open Class: Stay Fit on July 15 and July 22nd, 6:30-7:15pm EDT live on ou<u>Xoutube channel</u> taught by DTH Company Artist Derek Brockington.

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! Subscribe to our Youtube channel and tap the notification bell to be notified when we upload new videos!

Learn more about DTH On Demand

Dance Theatre of Harlem Dance Theatre of Harlem New York, NY, 10031 Schedule July 17, 2020: 8:00pm

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