

FOR AUDIENCES

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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

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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 our [Youtube channel](#) 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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