



# Special Nia Class taught by France~Laude

15 minutes added "floor play"  
to go right down and under...

This class will focus on the 5 sensations  
of functional fitness: strength, flexibility,  
mobility, stability and agility.

Come wear your bones, skin, joints, muscles...  
and that special attire... to activate these sensations.

**October 31, 2004**  
**11am-12:15 pm**  
**Set the clock!**

**Nautilus of Marin • 4th St. in San Rafael**  
\$8 to members & Nia card holders  
\$10 to non-members drop-in

Through Movement We Find Health



[www.nia-nia.com](http://www.nia-nia.com)