

# Nia®

I move my body the way it is intended to move

*Now I Am*

relaxed  
**ENERGETIC**

FOCUSED

*creative*

*toned*

healthy  
**WHOLE**  
fit

*graceful*  
**STRONG**

**STABLE**

*flexible*

*balanced*

**GROUNDING**

with **France~Laude**

Mon., Wed. & Fri.

8:45am

Sat.

9:30am

A drop in fee class  
or class card available  
for members on  
Mon.Wed.and Fri.

-Free first trial class-

## **Get fit the body's way.**

Combining carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms, Nia classes offer total-body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. NO prior training is necessary. everyone is welcome, so join us for Nia! Experience the joy of movement and the benefits of moving your body...the body's way