

France-Laude Gohard
132 Sandpiper Circle
Corte Madera, CA 94925

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



Through Movement We Find Health • www.nia-nia.com

Join France-Laude's class at the Nautilus of Marin • 1001 4th Street in San Rafael