

More information: Jim 718-873-3060

Free Nia Jam

I move my body the way it is intended to move

Now I Am

relaxed

FOCUSED

ENERGETIC

creative

toned

graceful

STRONG

Flexible

balanced

www.niany.com

FREE Nia Jam

May 22 @ 5PM

Deví Studio

GROUNDED

Nia delivers a high powered workout that embraces individual creativity and free expression. The stillness and concentration of tai-chi, the explosive power of martial arts, the grace and spontaneity of the dance arts fullfill the promise of a joy-filled and well being program for any age and fitness level. Fusion Fitness at its finest!



837 Union Street



The Nia Technique: Through Movement We Find Health: www.nianow.com