



Nia

The Technique™

PAC is excited to introduce Nia
WEDNESDAYS @ 6.45 pm
FRIDAYS @ 10.45 am
(Studio 1)

Nia is a non-impact cardiovascular workout designed for all ages and fitness levels - combining *dance, martial arts* and *yoga*.

In this revolutionary class you will learn how to move your body through form and freedom in rhythm with *uplifting* and *soul-stirring* music.

Nia is a non-comparative, non-competitive practice that allows individual expression and exploration of *body, mind, spirit* and *emotions*.

Join Black Belt Certified Nia Instructor *Kate Finlayson* for your chance to experience a *powerful* way to de-stress, condition and just have fun!

Through *movement* we find health.

PELICAN
ATHLETIC CLUB

for additional information on Nia

985.801.9772 • www.nianow.com • www.naturenia.com