

LIVE · LOVE · MOVE™

with Teresa D'Angelo

Welcome to transformative fitness for *everyBODY!*



Nia® is an innovative and fun fitness practice that will help you feel alive in your body through cardio conditioning while enhancing flexibility, strength and agility.

Using martial arts, dance and healing art techniques, the music will guide your imagination and self-expression. Open to adults who wish to condition and relieve stress and pain.

Time: 11:00 a.m. - Noon

Dates: Thursdays , March 12 , 26 2020

April 2, 9, 16 , 23

(No Class on March 19)

Location: Hanover Township Community Center

Resident Fee: 6 Weeks/\$50.00 Non-Resident Fee:

This class can be done on your feet or in a chair, if preferred.

*Bare feet or socks with sticky bottoms are recommended.

You are also welcome to wear sneakers or soft shoes that are easy to move

in

[Pre-Registration is required](#)

Register in person at the Hanover Township Community Center

15 N. Jefferson Rd. Whippany Phone: 973-428-2463

Or Online at [Community Pass](#)



