



Welcome to transformative fitness for *everyBODY!*



Nia® is a 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 inspire your creativity and self-expression.

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.

Join Teresa D'Angelo, Nia 1st Degree Black Belt Instructor, on Thursdays at the Community Center.

Time: 11:00 a.m. – Noon

Dates: November 1, 15, 29, December 6, 13, 20, 2018

(no class November 8 and 22)

Fee: 6 Weeks/\$45.00

Pre-Registration is required.

Register at Hanover Township Community Center
15 N. Jefferson Road, Whippany
Phone: 973-428-2463

Or online at <https://register.communitypass.net/HanoverTownship>

Dance is your body's way of speaking.