

# Welcome to transformative fitness for everyBODY.



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.

Nia(R) 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 self-expression.

Join Teresa on Thursdays at the Community Center.

Time: 11:00 a.m. – noon

Dates: February 1, 8, 15, 22, March 1, 8, 15, 22, 2018

Fee: 8 Weeks/\$55.00

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.*