

JOIN ME!



August Friday Night Nia 5:30pm - 6:30pm



- **End your week with Nia!**
- Every BODY is welcome. All levels of fitness!
- Wear clothes comfy to sweat and move in!
- Bare feet or soft-soled shoes
- Fun, upbeat music to inspire!

August Friday Night Special \$10/class



999 Andersen Dr. San Rafael
415-577-4621



Deborah Walker
Nia Black Belt Instructor

www.deborahjwalker.com