



Movement That Moves You!



Nia is a joyful group fitness program that addresses the whole person; a holistic approach utilizing a blend of martial arts, dance arts and the healing arts.

Nia is done with music and delivers cardiovascular and whole-body conditioning.

Perfect for men & women of all ages and fitness levels.

Classes Are Ongoing & Open to the Public!

TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am – 9am	8am – 9am	9am – 10am	9am – 10am	9am – 10am

- Drop In: \$13 per class
- **No Expiration Card - \$88. 8 classes w/ no expiration**
- **One Month Expiration - \$100.** 10 classes expires 4 wks
- 75+ years and/or students: \$9 per class. Children Free!
- Sliding scale available for those in need.

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