



**Nia class Wednesday 6.30pm -7.30pm  
Albourne Village Hall**

**First class free, £6 a class or £50 for 10 classes**

*'The joy of movement...'*

*.... fitness and fun*



***Non-impact workout for all ages and levels of fitness***

A unique mind , body and spirit way of getting fit, having fun and moving the body to uplifting music.

Nia combines dance with martial arts and holistic approaches such as yoga and Alexander Technique.

Benefits include , reduced stress, increased cardiovascular fitness , increased flexibility

**For more information contact Jo Bonsey on 07515 690815 or email [jobonsey@btinternet.com](mailto:jobonsey@btinternet.com) or visit [www.nianow.com](http://www.nianow.com).**