



Discover the Ventura Nia Center

Nia is designed for any body. It is ageless and limitless, transformational and effective for nearly every person, from athletes, dancers and fitness instructors, to children, special needs groups and the elderly. With the guiding philosophy, Through Movement We Find Health, Nia addresses the whole person through music and simple movements from dance, martial arts and healing arts.

Since no two Nia classes are ever the same, you are invited to discover Nia with this pass and visit up to 4 classes, the only investment is the time you give to yourself, to enhance your fitness and wellbeing.

Please present this pass to your instructor for each class you attend. This pass is good for Nia or Core Play only, please see the class schedule online at: www.venturaniacenter.com 805-766-6755, 2343 E. Thompson Blvd..



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