



Ventura Nia Center Class Schedule

Winter 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nia 8:30-9:30am Kate Nash			Nia 8:30-9:30am Kate Nash			
	Nia 9:15-10:15am Kate Nash			Nia 9:15-10:15am Kate Nash	Nia 9:15-10:15am Kate Nash	
HoopHabit 11:45-12:35 Andi Epstein			HoopHabit 11:45-12:35 Andi Epstein			
HoopHabbit 12:45-1:35 Andi Epstein			HoopHabbit 12:45-1:35 Andi Epstein			
Nia 5:30-6:30pm Kathy deWet-Oleson		Nia 5:30-6:30pm Kate Nash				
	New Core Play Starts Jan. 5th 5:30-6:30 Kathy deWet-Oleson		Nia 6:00-7:00pm Kate Nash			
Belly Dance 7:00-8:00pm Marie, VTA Parks & Recreation	Belly Dance 7:30-8:30pm Paulina Bott	Hatha Yoga 6:50-8:00pm Nisahna, VTA Parks & Recreation	HoopHabit 7:30-9:00 Andi Epstein			

All Nia classes are the “Classic” Nia Technique, and are one hour in duration.

Drop in rate- \$15.00.

Blocks of 6 classes good for a two month period @ \$80.00 are available.

Special rates for seniors, and student (16 & under) are available.

Twelve month membership available for \$65.00 per-month ~ includes unlimited Nia plus the Core class.

Six month membership available for \$70.00 ~ includes unlimited Nia plus the Core class.

Memberships start up on the 1st or the 15th of each month.

Monthly rate (non-membership) is available for \$80.00 ~ includes unlimited Nia classes.

* Paying monthly by cash or check for **memberships**, please add \$3.00 per month processing fee.

For Parks and Recreation classes sign up in advance with the City of Ventura Parks & Recreation.

Ventura Nia Center (805) 766-6755
2343 E. Thompson Blvd. #A (Cross street: Seaward)
Ventura, CA 93001
www.VenturaNiaCenter.com