



## 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 two complimentary classes. This coupon expires two weeks from the date of the first class attended. Please present this pass to your instructor for each class you attend. This pass is good for Nia or Core Play only. Join us soon at 2343 E. Thompson Blvd.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Class date

Class date

Expires \_\_\_\_\_

Choose your visits from the class list below. Please arrive a few minutes early to introduce yourself to the instructor, receive a brief orientation to the studio, and complete a waiver. The studio is generally open 30 minutes prior to each class start time.

Day of the week	Class type and time
Monday	Classic Nia 8:30am-9:30am Classic Nia 5:30pm-6:30pm
Tuesday	Classic Nia 9:15am-10:15am Core Play 5:30pm-6:30pm
Wednesday	Classic Nia 5:30pm-6:30pm
Thursday	Classic Nia 9:15am-10:15am Classic Nia 6:00pm-7:00pm
Friday	Classic Nia 9:15am-10:15am Fusion 1/2 Nia 1/2 Core Play 5:00pm-6:00pm *Month of August only
Saturday	Classic Nia 9:15am-10:15am
Sunday	No class scheduled at this time

### Tips for Your First Class

- Wear comfortable clothing, Nia is performed in bare feet so no special shoes are needed.
- Start out with small moves and gradually develop them into bigger ones. Allow your body the time and space it needs to sense how to relate to the movements on a moment to moment basis.
- Feel free to move with your own pace and volume, there is no need to keep up with the instructor or anyone else. Listen to your body and perform at a level that suites you. Each dancer has three basic intensity levels that are unique. Your level "one" is where moves are close to the core and less intense. In level "two" moves have more rang of motion and are moderately intense, while level "three" is your largest range of motion and the most intense that you feel comfortable moving. Feel free to vary the levels and dance in a place of comfort to experience the joy of movement.