

CLASSIC NIA

HOLISTIC FITNESS FOR BODY MIND SPIRIT



ABUNDANCE WELLNESS CENTER
325 JOHN KNOX RD. BLDG T
WEDNESDAYS | 7-8PM
DROP-IN \$15

Nia is a Holistic Fitness program that uses an artistic and innovative approach to exercise and healing. It is a mindful workout that combines the joy of Dance, the power and precision of the Martial Arts, and the body-centered harmony and relaxation techniques of the Healing Arts. Nia has been reshaping the way people think and feel about fitness since 1983. Our philosophy: Through Movement We Find Health.

More info: (850) 692-9JOY | www.grooveandwellness.com

