

# STUDIO NIA CLASS SCHEDULE

All classes are multi-level. You can start in any class!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Holly	Holly	Holly	Holly	Holly	Hillary	Hillary
10:15 am			Jamie 5-Stages			Rotating Jamie/Corina	Dani
12 noon	Dani	Sarah	Dani	Sarah	Rotating		
4:00 pm	Barbara Kid's Nia! starts June 28th!						
5:45 pm	Kelle	Kate	Kelle	Kate			

- Wear comfortable and loose clothing. Bring Water.
- Nia is practiced in bare feet, though clean studio shoes permitted if needed.

## STUDIO CLASS RATES:

Drop In: \$12 + NM tax  
 5 Class Card - \$50.00 + NM tax  
 10 Class Card - \$90.00 + NM tax  
 20 Class Card - \$160.00 + NM tax  
 1 Mo. Unlimited - \$100.00 + NM tax  
 3 Mo. Unlimited - \$310.00 + NM tax  
 6 Mo. Unlimited - \$560.00 + NM tax  
 12 Mo. Unlimited - \$970.00 + NM tax

## NEW STUDENT SPECIAL!

### 7 Days for 7 Dollars!

If you are new to Nia or StudioNia Santa Fe - come try 7 days of consecutive classes! Try new teachers and experience what Nia is all about.

## BENEFITS OF NIA:

- Supports weight loss
- Reduces Stress
- Increase energy, strength, flexibility, mobility, agility
- Improve circulation and heart health
- Develop grace, power and muscle tone
- Improve posture, balance and stability
- Condition nervous system
- Improve focus and concentration
- Foster creativity, confidence and self-expression
- Transformation and loads of FUN!