

WHAT IS NIA???

Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities. Stiff beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels.

NIA'S HOLISTIC APPROACH***

The hottest new trend in mind-body wellness, Nia-which stands for Neuromuscular Integrative Action (also non impact aerobics) presents an entirely new philosophy of exercise.

You will learn to follow "The Body's Way" a breakthrough fitness concept that teaches you to move in the way that most benefits your individual body, while moving to soul-stirring music.

Nia classes offer total body conditioning as well as flexibility, strength, agility, balance, neuromuscular and cardiovascular benefits.

All Nia movements are adaptable and can be personalized for any level of fitness.

No prior training is necessary.