



FOR YOUTH
DEVELOPMENT

FOR HEALTHY
LIVING

FOR SOCIAL
RESPONSIBILITY



Monday & Wednesday

10 am to 11 am

Multipurpose room

Nia is a sensory - based movement practice that draws from martial arts, dance arts and the healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken to soul - stirring music in more than 45 countries.



**I dance because
there's no greater
feeling in the world
than moving to a
piece of music and
letting the rest of
the world
disappear.**