



Nia – the joy of movement

- Nia is a whole body non-impact fitness program, which draws from the wisdom of martial arts, healing arts and dance arts.
- Classes are suitable for all levels and there is no experience required.
- Nia improves coordination, mobility, agility, balance and flexibility. Whilst moving you gain body literacy and awareness.
- Nia is a Body-Mind-Emotion-Spirit movement and lifestyle practice
- Nia provides mindfulness and relaxation – it is a place where you can have so much fun and find your community locally and worldwide too.
- Nia is taught in more than 45 countries around the world. It really is something to be experienced, so please come along and try the class out!
- **Times:** Tuesday Morning and Friday evening.
- **Price:** £8 per class when booked in a block, blocks are usually run during school terms and can range from 5 weeks to 8 weeks. If in doubt , you can trial a class for £8 before committing to a block.

At Archway we are committed to offering a wide range of good quality classes to help people improve and maintain their health. These classes are held in our warm, light, purpose built studio which benefits from underfloor heating.

Classes are bookable via www.bookeo.com/archwayhealthhub

For more information telephone: **01858 410820** or email info@archwayhealth.co.uk

