



Dance With Your Whole Self Free

Nia -- Great for **All** Fitness Levels!

Burn Calories ∞ Enhance Strength
Balance ∞ Grace ∞ Flexibility ∞ Endurance

...while having the most enjoyable workout of your life!

Nia Classes in Tustin

Saturdays 11:30 am – 12:30 pm

Jan. 9 – Feb. 27

Tustin Area Senior Center

200 S. C Street, Tustin, CA

Enroll Now!

www.tustinca.org

Parks & Recreation - Class No. 17106

To enroll or see a schedule of all OC Nia classes, visit www.ocnia.com

