

NIA SANTA MONICA

Free Nia Westside Jam Sat. Jan 9th 2:00 to 3:30 p.m.

nia is a pleasure based fusion of dance, yoga and martial arts. nia is taught in 3 levels. all are welcome. come as you are.



Now a whole new experience



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Nia Santa Monica Presents
a Free Nia Jam at the YMCA
1332 6th St. Santa Monica, CA

Join Nia Instructors from across the Westside for an afternoon of fun and fitness - not necessary to be a YMCA member to participate.

www.nialosangeles.com