

Nia WellBeing classes – from September 2010

Contact Sophie 0431 484 054

Bookings are not necessary. Beginners are always welcome

Please bring a water bottle and towel/yoga mat

Cost –

New to Nia? 3 classes for \$20 valid 1 month

5 class pass: \$65/\$55. valid 2 months

unlimited Nia WellBeing classes: \$80 valid 1 month

Casual: \$15

Nia Australia members and U18: \$10

Concession rates are for students and health care card holders.

Saturdays - 800-900 am

Rio Rhythmics, 126 Boundary St, WEST END (in the arcade next to Shay Shoes)

Mondays - 600- 700 pm **no class 20/9**

Anglican Church Hall, Central and Ninth Ave ST LUCIA

Tuesdays - 930-1030 am **no class 21/9**

Yoga on Parker, 23 Parker St NEWMARKET

Wednesdays - 900-10:00 am **no class 22/9**

Presbyterian Church Hall, 12 Bank Rd GRACEVILLE

Fridays - 930-1030 am **no class 24/9**

ChristChurch Anglican Church Hall, Central and Ninth Ave ST LUCIA

Pure Health Club classes with Sophie

Contact 3324 1188

Cost - members free; non-members welcome \$17/\$15

Mondays - 900- 950 am

Thursdays - 615-715 pm

236 Old Cleveland Rd COORPAROO