



Tune In

Get Moving

Feel Better



Bring this voucher so you can attend your first Nia class for FREE

Nia is great for Mental Health & Wellbeing

Its unique blend of movement, mindfulness, connection and joy brings
together people of all ages and fitness levels

*Your FREE class is only redeemable at participating classes from 1/10 - 31/12/21.
This offer is for NEW to Nia students and for ONE free class per person.
Please bring a printout of your voucher to your class*