



daily Nia classes  
open to every body

during the Nia Art of Sensation  
training week, 13-19 April  
Lower Hutt

Nia blends dance,  
martial arts, healing  
arts, music and JOY into  
an effective, inspiring  
and adaptable whole-  
body workout that  
anyone can do!



**\$20 CASUAL**  
**\$85 FOR 5 CLASS PASS (\$17 PER CLASS)**  
**\$120 FOR ALL 8 CLASSES (\$15 PER CLASS)**

PTO or visit [www.aliwhitton.com](http://www.aliwhitton.com)  
for class schedule, payment  
and booking info.

### NIA TRAINERS



Sophie Marsh &  
Stephanie DeMay

# x8 open Nia classes, 13-19 April 2014

with Trainers Sophie Marsh + Stephanie DeMay

Sat 13th	3.00pm - Classic Nia Class
Sun 14th	9.30am - 52 Moves Nia Class 4.30pm - Classic Nia Class
Mon 15th	5.30pm - Classic Nia Class
Tue 16th	5.30pm - Classic Nia Class
Wed 17th	5.30pm - Classic Nia Class
Thu 18th	5.30pm - Classic Nia Class
Fri 19th	9.30am - Classic Nia Class

**\$20 casual**

**\$85 for 5 class pass (\$17 / class)**

**\$120 for all 8 classes (\$15 / class)**

Pre-pay & book online or pay cash on the door  
(correct amount appreciated if paying cash)

Bookings recommended even if paying cash on the door

**To book, or book+pay, visit [www.aliwhitton.com](http://www.aliwhitton.com)**

All links on home page. Option to book and pay later.