



***The High-Powered Energizing Workout that Gives you a New Body***


**What is Nia?** Nia is a body-mind-spirit fitness program. Nia combines a diverse blend of Eastern and Western movements inspired by the worlds of dance, martial and healing arts.

**Nia is a Combination of:**

<b>Dance Arts</b>	<b>Martial Arts</b>	<b>Healing Arts</b>
<b>Jazz:</b> fun, sexy, showy, expressive, with pizzazz	<b>Tai-Chi:</b> slow, flowing, grounded, shifting weight	<b>The Work of Moshe Feldenkrais:</b> awareness of sensation, reflective, healing, systemic movement
<b>Modern Dance:</b> creating shapes in shapes	<b>Aikido:</b> harmonious, flowing, spherical movement, both linear and circular	<b>Alexander Technique:</b> movement from the crown of the head
<b>Duncan Dance:</b> free spirit, honest soulful movement, light	<b>Tae Kwon Do:</b> precise, sharp, linear movement, powerful, active, speed and strength	<b>Yoga:</b> alignment of bones and joints, strength, flexibility, relaxing, connection of body, mind and spirit

**Who created Nia?** Debbie and Carlos Rosas created Nia in the mid-1980s. At that time, they were aerobic professionals teaching in Marin County, CA. Their search for a smarter, more effective and pleasurable way to workout and stay fit. ***Nia is an excellent example of Fitness Fusion for all fitness levels.*** From a body-centered approach, Nia cultivates agility, flexibility, mobility, strength and stability.

**Nia Enhances:**

<b>Agility</b>	<b>Flexibility</b>	<b>Mobility</b>	<b>Strength</b>	<b>Stability</b>
Modern Dance, Tae Kwon Do, Duncan Dance, Jazz, Aikido	Yoga, Modern Dance, Aikido, Tai Chi, Work of Moshe, Feldenkrais	Jazz, Duncan Dance, Martial Arts	 Tae Kwon Do, Yoga	Yoga, Tai Chi, Aikido, Alexander Technique

The basic 52 Nia moves: 1) utilize body mechanics to protect joints and safely move the body; 2) facilitate the fun and joy of movement; 3) enhance aerobic endurance and foster mobility; 4) improve flexibility; 5) build strength; and 6) bring focus to balance and overall body awareness.

To learn more about Nia in the SF Bay Area visit [www.sfnia.com](http://www.sfnia.com) or Contact Nia Headquarters @ [www.NiaNow.com](http://www.NiaNow.com)



Worldwide, there are **1800 certified Nia teachers** who offer classes in **32 countries**. Nia certification embraces a belt system with four levels: white, blue, brown and black.

In the San Francisco Bay Area there are **35 certified Nia teachers** who provide **80+ classes** a week in **27 health/fitness facilities**, **13 dance/yoga studios**; and **9 community/recreation centers**, as outlined below.

<b>Health/Fitness Facilities (27)</b>	<b>Dance/Spa/ Yoga Studios (13)</b>	<b>Community/Recreation Centers (9)</b>
Bodies in Motion	Allegro Ballroom	Dominican University
Club Sport <i>Pleasanton</i>	Be Vitality Yoga Studio	Marin Jewish Community Center
Club Sport <i>San Ramon</i>	Calistoga Spa Hot Spgs	Pleasant Hill Recreation/Park
Elan Fitness	City Dance Studios	Redwood Heights Recreation Center
Equinox Fitness Club <i>San Mateo</i>	Dance Mission Theater	Livermore Center
Fit-Body-Balance	East Bay Dance Studio	Stanford University: <i>Hacienda Commons</i>
Inside Outside Fitness	East West Music and Dance Studio	McMahon Telfer Bldg
Mavericks Health Club	Elevation Pilates	University of San Francisco
Oakwood Athletic Club	Its Yoga Kids	
Park Point Health Club <i>Santa Rosa</i>	Let's Dance Ballroom Studio	
Park Point Health Club <i>Sonoma</i>	Spa of Los Altos	
Renaissance Club Sport	Studio Rasa	
The Hills Swim/Tennis	The Works Dance and Exercise Studio	
Vivre Fitness/Wellness		
Women's Fitness Center		
Walnut Creek Sports and Fitness Club		
YMCA: <i>Albany, Berkeley, El Camino, Hamilton, Marin, Northwest, Novato, San Rafael, Stonestown,</i>		
YWCA: <i>Berkeley</i>		

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