

NIA

Non-Impact Aerobics



Check out NIA at NiaNow.com

Join us at OSYC for a
FREE 4 minute NIA
dance/ exercise routine
at one of the following times:

Mon. Oct 2	1:45 pm
Mon. Oct 9	10:30 am
Wed. Oct 18	10:30 am
Fri. Oct 27	10:30 am

BE PREPARED TO EXERCISE YOUR MIND & YOUR BODY!

And ask questions about our upcoming 1 hr. NIA
classes in November at a minimal charge.

DROP-INS WELCOME. BRING YOUR FRIENDS.

WEAR COMFORTABLE CLOTHES; SHOES ARE LEFT OUTSIDE.

QUESTIONS? CONTACT BJ VANCE AT (520)-400-2146

Sponsored by
OPEN SPACES YOGA CENTER
476 W. White Mtn. Blvd. #12 Lakeside, AZ
www.openspacesyoga.com
(928) 940-0996

