

## PRIVATE GROUP INTRO TO NIA DANCE



Dance for joy! Express yourself and discover the sensation of movement with a private introduction to NIA. NIA (short for non-impact aerobics) fuses the grace of dance, the power of martial arts, and the balance of yoga into a class that's part choreographed action, part free-form movement, and a whole lot of fun. Work with a trained, licensed instructor to learn the basic moves and elements. In addition to delivering a solid aerobic workout, NIA is embraced by regulars for its focus on self-expression, healing, and awareness. Ideal for all ages, all body types, and every level of fitness.

- Schedule your NIA session at one of two locations – your home or a private studio
- Begin with a brief overview of the NIA technique to learn more about its purpose and principles
- Start moving and allow your instructor to gently guide you through a series of movements designed to work your body, mind, and spirit
- Take home a free pass for a future group class, as well as a new appreciation for this holistic and inspirational fitness regime

### Your Gift Locations\*

Arlington, VA or in home within 30 mile radius of Washington, DC

### Availability

Year round, 7 days a week

### Duration

90 minutes

### Essential Information

Minimum age is 14 years old; all participants must complete a waiver (by parent/guardian for those under 18); experience is for all levels of fitness; experience may take place at participants' choice of studio or in their home

### Numbers

Private experience for up to 10



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-01-3991-A