



C L U B



presents:

The Nia Technique

Through Movement We Find Health

Body, Mind, Spirit
and Fitness for all levels

NIA TECHNIQUE

Mondays, 6pm

Cardio and whole-body conditioning:
combining martial arts, dance, and healing arts.

NIA HEALING MOVEMENT

Tuesdays, 9am

Gentle yoga and Nia movements to increase
circulation, flexibility, balance and strength.

\$15 per class. Bulk class discounts available.



Class sizes are limited. For reservation,
please call 734-0020.

We are located at 3221 Waialae Ave within
the Kaimuki Shopping Center. We are on the
3rd floor above Longs Drugs.

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kiclubhawaii.com