

**GREAT NEWS FOR ALL AGES & ABILITIES WHO LOVE TO GET FIT AND HAVE FUN AT THE SAME TIME!**

**NOW OFFERED AT LAKE HOUSE LODGE & SPA AT HIGHLAND LAKE !**

Nia Fitness Classes begin a new session starting **September 22 at 5:30pm** at **Lake House Lodge & Spa** with **International Nia Trainer and Instructor, Denise Medved**.

In brief, Nia (neuromuscular integrative action), is a non impact, light-hearted, fusion fitness technique that is designed for **ALL ages, and ALL abilities** (no experience necessary). It combines moves from the martial arts, dance arts and healing arts in an easy, playful way that focuses on balance and stability, flexibility, joint mobility, bone strength, and improved focus and cognitive function.

Classes are **Mondays and Wednesdays at 5:30pm to 6:30pm** and this session will run through early December...**so come on and try it!**

If you have *never* tried Nia before, you are welcome to **come to one class for FREE and see how you like it!**

And if you can't make it September 22 – you can sign up any time!

An 8-class card is \$64 (you can drop in for \$12 a class or being a guest at that price, however there must be a minimum of 12 people sign up for *each* on-going session to make the class fly.) We also can pro-rate the class card cost for those who start after the September 22nd date.

In the past there have been 25-28 people sign up – so in the interest of space, the **CLASS SIZE WILL BE LIMITED to the first 18 people** who purchase a class card (which means on any given day there will be 10-12 people in the room – that is just how it works! ☺)...so that way there is plenty of room for all to move comfortably!

If you want to know more about Nia go to [www.niasouth.com](http://www.niasouth.com) – or [www.nianow.com](http://www.nianow.com). Or call Denise at 828-290-2344.

PS: One on one personal training at your home or at LakeHouse Lodge & Spa is also available from Denise – with specific exercises created for you to do on your own with no special equipment needed.