

Nia Exercise Classes



Below is a listing of NIA classes in the West Linn area. Call Parks & Recreation office at 503-557-4700 for further information or register on the website.

Nia combines dance arts, martial arts and healing arts in a cardiovascular program that uses whole-body, expressive, grounded movement rather than repetitive jogging or lifting. All Nia movements are adaptable and can be personalized for any level of fitness and agility. Experience the joy of movement and the benefits of moving your body the way it is intended to move. No shoes required. Min 1 Max 30. Ages 12+

Nia – Carol Kaplan Kaplan

The Love Your Body Workout, Nia is blissful, inspirational and packed with power. Uninhibited dance, martial and healing arts movements choreographed to the sounds of world music. Whole-body, expressive and grounded, Nia is adaptable for any level of fitness. Awaken. Experience. Move. Be Moved. No shoes required. Min 1 Maximum 30

FEE: IC \$88 OC \$ 93 Drop-in rate: \$10 (5.5 weeks)

2002.201 Mon & Fri 9:15 - 10:25 am 4/9-5/28

Sunset Fire Hall

FEE: IC \$104 / OC \$109 Drop-in rate: \$10 6.5 weeks

2007.301 M & F 9:15 – 10:25 am 6/1-7/13

Sunset Fire Hall, except 6/18, 6/25 and 6/29 at WLHS Dance Room

FEE: IC \$112 / OC \$117 Drop-in rate: \$10

2008.301 M & F 9:15 – 10:25 am 7/16-8/31

Sunset Fire Hall

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