

## **Nia Testimonials from people like you in NJ!!**

I've never experienced an exercise class like Nia that's so much fun that it's not like exercise at all! The movements are gentle, graceful, and flow beautifully to the music. They're also very easy to pick up especially with an excellent teacher like Christine. Even though the movements are gentle on your body you also get a great workout too. I'd recommend Nia to anyone who's looking to strengthen their body, enhance their overall health, and have a fabulous time doing it!

- Sandy, Computer Programmer, Basking Ridge, NJ

As someone who is generally frustrated and bored with "regular" exercise, Nia was a beautiful experience. Time flew by as we played our way through physical exercise. Christine's presence and voice are sweet and comforting, and I trusted her from the first moment to guide my experience with Nia. Her positive spirit shines through her every movement, every instruction. There was not a single moment where I felt self-conscious or uncomfortable because Christine constantly emphasized the importance of "pleasure, not pain." Experiencing this fusion of martial arts, yoga, and modern dance was the fun, unique path to fitness that I've been seeking for years. There is truly something in Nia for everyone.

- Melissa, English/Drama Teacher, Morristown, NJ

"The hour Nia class went by so quickly. It was easy, fun and didn't have the "feel" of an exercise class. I'm looking forward to moving and grooving with you on a regular basis."

- Judith Gisser, Nutritionist and Wellness Coach, Rockaway, NJ

"I have never experienced anything as fun as Christine's Nia class. Setting time aside for exercise has been a challenge for me. It has been a challenge, mainly because I never found anything that fits into all three of my categories: fun, beneficial and cost effective.

Christine's Nia classes fit all three of those categories and more! I would recommend that everyone try at least one class."

- Jennifer, Intuitive Healer, Morristown, NJ

I truly enjoyed my first Nia class with Christine. The mix of dance, yoga, and martial arts was interesting and engaging, without being overwhelming or confusing. Christine created a warm, welcoming atmosphere where I felt comfortable expressing myself, so that even when I felt slightly uncoordinated, I never felt self-conscious. I just remembered to go with the flow and have lots of fun! The coolest part about Nia is that literally anyone can do it, because there's no pressure to do the moves "perfectly" - in fact, my favorite part of class was when we were doing the "free movement" and everyone was doing something different!

- Melissa, Special Education Teacher, Washington, NJ

Check out Nia!! It's fabulous and fun! I will be there whenever I can. It really eased my hip pain.

- Carol, Obesity Coach, Flemington, NJ