

FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:30 to 1:30 pm - Introduction to Nia and Freedance	2 Groundhog Day 9:00 to 10:00 am – Classic Nia	3	4 9:00 to 10:00 am – Classic Nia	5	6 9:00 to 10:00 am – Classic Nia	7
8 10:30 to 11:30 am - Introduction to Nia and Freedance	9 9:00 to 10:00 am – Classic Nia	10	11 9:00 to 10:00 am – Classic Nia	12 Lincoln's B-Day	13 9:00 to 10:00 am – Classic Nia	14 Valentines Day
15 10:30 to 11:30 am - Introduction to Nia and Freedance	16 President's Day 9:00 to 10:00 am – Classic Nia	17	18 9:00 to 10:00 am – Classic Nia	19	20 9:00 to 10:00 am – Classic Nia	21
22	23 9:00 to 10:00 am – Classic Nia	24	25 9:00 to 10:00 am – Classic Nia	26	27 9:00 to 10:00 am – Classic Nia	28
		Terre Pruitt - Licensed Nia Teacher(408) 564-2649 White Belt			www.helpyouwell.com	

• **Introduction to Nia and Freedance**– These sessions are on Sundays and will include about 15 minutes of a Nia White Belt concept, then the remaining portion of the hour will be Freedance; a chance to dance and explore your own movement.

Session Fee: \$6.00 per session, payable to the instructor.

• **Classic Nia**– A cardio workout practiced in bare feet emphasizing pleasurable sensation and the development of sensory IQ. The science, craft, and art of the body's way teaches you to work with the design of the body as a map to follow when seeking total body-mind-spirit-fitness.

Class Fee: \$15 each or six workouts for \$75 (a \$15 savings), payable to the instructor. **Nia Introductory prices, good for the month of February** Purchase a six class card for \$30.00. Card can be used for any week day Nia class during the month of February. Does not have to be consecutive uses. Good all of February 2009. Card expires after February 27, 2009.

February's special drop in fee is \$10.00

Sunday's "Freedance" is \$6.00.

Location: Halanda Studio 1062 Lincoln Ave. San Jose, CA 95125

Parking at rear of building.