



Lillooet & District REC Centre

930 Main Street



Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit in 60 minutes - body, mind, emotion, and spirit.

Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities.

Nia with Gillian Smith

Wednesdays 5:30-6:30pm

(no class March 11)

\$8 to drop-in or \$80.00 Fitness 11-Punch Card

Call 250-256-7527 or rec@lillooetbc.ca for more info