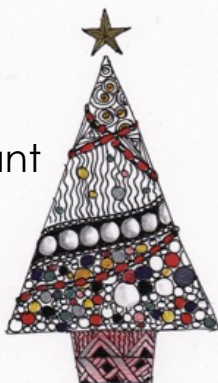


## Need a break from the festive mayhem?

Squeeze in an hour's "me" time to:

- Dance away the stress
- Connect to what's truly important
- Leave chilled and refreshed

**Join me at a Nia class this Christmas/New Year!**



Nia connects Mind, Body, Spirit and Emotions, blending dance, martial arts and healing arts  
Low impact, easy to follow moves; can be done seated  
Move in Your Body's Way  
No experience necessary and people with two left feet are always welcome!  
Classes last an hour; dress comfortably and bring some water

### Christmas & New Year savings off your first class

Download and print this page (or save to your smartphone) and bring it with you to get **£2 off** any one of the following classes\*:

**Mondays, 21 & 28 December 2015, & 4 January 2016, 10 a.m.**

Keep Fit Darlington, Faverdale Industrial Estate, Darlington DL3 0PP

**Wednesdays, 6, 13 & 20 January 2016, 10 a.m.**

Woodham Village Community Centre, St Elizabeth's Close, Newton Aycliffe, Co. Durham DL5 4UE

\* You can benefit from the reduced price at one class only. Usual price £5 per class

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