

Nia Fitness Weekly with Jenn Hicks



Join us every Monday for a full body workout through music, dance, and strength-enhancing movement! Nia incorporates martial arts, self-awareness, body positivity and fitness all in one. Nia is effective and enjoyable for all bodies: no matter your age, ability, shape, size, or mobility.

Jenn Hicks is a black belt Nia instructor and Size Inclusive Fitness Specialist who has taught all over the world. She was named NOW Magazine's Best Virtual Fitness Instructor for 2020. Jenn customizes routines for every class and helps attendees modify steps or movements whenever they need a little extra care.



Benefits of Nia:

- Increases the range of motion and stamina
- Helps build cardio and flexibility
- Decreases stress and anxiety

Dates: Every Monday, from November 7th to December 12th, 2022

Time: 10:00 a.m. to 11:00 a.m.

Location: Armour Heights Presbyterian Church
105 Wilson Avenue | Scott Duncan Hall

(the upper hall on the main level of the church through the glass doors)

We encourage participants to register in advance, however, you will also be able to register in-person at the class. You can register in advance for one class, or multiple classes as you are available by contacting Erin Stone at estone@armourheights.org or **416-485-4000**. A free-will offering will be gratefully received to help support the cost of the program.



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