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for the fun of it.

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Move Freely. Feel Everything.

More than a workout, NIA is a barefoot, full-body experience that brings together dance, martial arts, and mindfulness in one uplifting class. Set to soul-stirring music, this low-impact workout helps you build strength, improve balance, increase flexibility, and reconnect with your body, mind, and spirit. No dance background or previous experience required! NIA movements are adaptable for all skill and fitness levels, making it easy to find your own rhythm and move at your own pace. Come as you are. Move how you feel. Discover the joy of NIA!

Bluffton Recreation Center – Dance Studio

WINTER 2027 SESSION | 10 CLASSES | WEDNESDAYS | 6:45–7:45 P.M.
January 6, 13, 20 | February 3, 10, 17, 24 | March 3, 10, 17 | No class January 27.

$12 per individual class or SAVE $40 with the full 10-class session for just $80!

Questions? Email Michelle Hudson at michelle.switchyourhabits@gmail.com

BLUFFTON RECREATION CENTER
61B ULMER ROAD, BLUFFTON

Shortcut to registration