



We Make Fitness Fun!

It not only increased my strength and flexibility, it has also improved my ability to focus and to deal with stress in my life."

Deanna W

"I struck gold with the great classes, the folks I work out with, wonderful and diverse music and the playful, feisty sprite who inspires us all when she's leading classes."

Beverly D

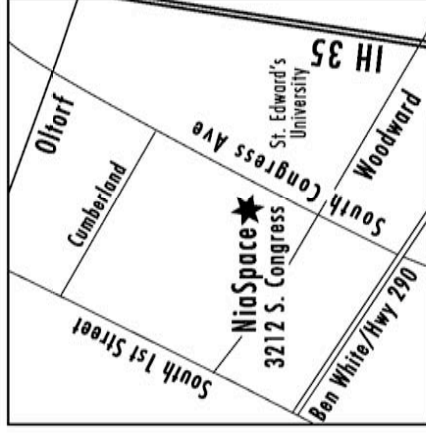
"Without NIA, I'd be an old man. I feel better than I ever have in my life. I always feel very exhilarated after class. It gives me energy."

William G
Nia practitioner for 9 years

Location

NiaSpace is located in the heart of dynamic South Austin on Congress Avenue across from St. Edward's University. It is 5 minutes from downtown and 15 minutes from just about anywhere else in Austin. Ample parking is available in front of the studio.

Within walking distance are Amy's Ice Cream, Ruta Maya Coffeehouse, Opal Divine's Pub and The Garden District Coffee Shop.



Nia

Yoga

T'ai Chi

**Belly
Dance**

**Ecstatic
Dance**

NiaSpace.com
512 443 3013

3212 South Congress
Austin, TX 78704

At NiaSpace, our mission is to keep you in fantastic shape and help you discover the joy of movement and feeling at home in your body.

Our warm, welcoming atmosphere is unmatched by any studio or fitness club in Austin. Founded in 1996, we were the first movement fitness studio in Austin, and we're still the best.

We offer:

- Professionally-certified, experienced teachers
- A main 1,650 square foot studio with a high quality "sprung" dance floor
- Professional quality surround sound music system
- A second 750 square foot studio suitable for workshops, parties, musical performances and video shoots. For rental rates, see NiaSpace.com
- Private change rooms

Nia

A fun, low-impact aerobic workout combining simple dance moves, martial arts and yoga. No prior experience needed – Nia is user-friendly for everyone. Reap the benefits: cardio conditioning, stress relief, joint mobility, increased strength and energy.

Yoga

We offer several yoga styles ranging from gentle to vigorous. It doesn't matter how stiff you are or if you've never done yoga before. Gain strength and flexibility, calm your mind, and manage stress. Hatha Flow, Contemplative Hatha, and Restorative Yoga.

Belly Dance

Perfect your hip drops and chest pops while improving muscle control, posture, balance and strength. All levels of experience and body shapes are welcome to this fun and supportive class. Taught by a professional Austin belly dancer with more than 12 years experience. More: www.staceylizette.net/

T'ai Chi

"The Slow Dance." T'ai Chi is an ancient Chinese system of movements. Enjoy relaxation, balance, flexibility and improved lower body strength in a calm and peaceful class atmosphere.

Inner Rhythms

Ecstatic Dance for Women

Come move your body without judging yourself or others. Explore moving in ways that are healing to you. More: <http://dance.meetup.com/428/>

Trance Dance

Through a combination of focused intention, breathing, use of the bandanna and movement to rhythmic music, participants can experience a trance state and be transported into an alternate modality of awareness. More: www.trancedance-austin.com

