



Dance Your Best Life in 2012!

Join enthusiastic Nia Instructor, Bonnie Wallace,
for an 8 Week session of joyful movement

Saturdays
9:15 - 10:15 am

Location: 16 Ferry St.; So. Grafton, MA
Contact Deb 774-275-0614 or defensewise@verizon.net

8 Week session for \$90
Class passes also available.

The Nia Technique blends elements of dance, martial arts & healing arts, and it is fun for all levels of fitness.

Healthy bodies, open hearts, renewed spirits!

www.defensewisemartialarts.com