

**WEDNESDAYS
EVENINGS**

6:00pm to
7:00pm

Nia Workout



Northeast Community
Center

1630 N.E. 38th
Portland, OR 97232
Between N.E. Sandy & N.E.
Broadway
Phone: 503-284-3377
Fax: 503-282-9426
www.necommunitycenter.org

Welcome to an our exciting new cardio class with Carey Cramer!

NIA - originally designed as non-impact aerobics - is a cardio workout combining martial arts, dance arts and healing arts.

Each class is a unique exercise

experience encompassing cardio,

flexibility, balance, strength, coordination, agility, stress release, exhilaration and

self-expression!

Contact person: Carolyn Marks 503-284-3377