


Experience the benefits of Nia

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Photo Credit: SUBMITTED PHOTO - Nia instructor Zarina Khorsanee is one of two women teaching Nia for Lake Oswego Parks and Recreation. Drop in and new classes are forming now.

while having a great time. Class is taught similarly to line dance class, with warm up, basic steps that are easy to learn. No partners necessary. Ages 18 and older, Wednesdays, 4:15 to 5:15 p.m. Oct. 29 to Dec. 17, \$62.

Kids Tap Dance

Lake Oswego Parks and Recreation invites all to experience Nia with Zarina Khorsanee at the West End Building or with Carol Kaplan at the Lakewood Center for the Arts.

Nia is a sensory-based movement practice that leads to health, wellness and fitness. Join this barefoot class where students learn to move more naturally, to explore the movement potential of the body and to get fit without pain. Nia has 52 moves that optimize the body's natural design. Step into Nia and positively shape the way you feel, look, think and live.

Nia at the West End Building is taught by Zarina Khorsanee. This is an hour of serious fun sprinkled with occasional surprises. Bare feet are recommended. Class meets Tuesdays, Oct. 28 through Dec. 16, 5:40 to 6:40 p.m. Cost is \$44.

Nia at Lakewood Center for the Arts is taught by Black Belt Nia instructor Carol Kaplan. Feel free to drop in to classes held 9:15 to 10:25 a.m. Tuesdays or Thursdays or 8:45 to 9:55 a.m. Sundays, or join the new session starting Oct. 28.

Drop in classes are priced at \$12 for one time, \$52 for five times, \$100 for ten times or \$146 for 15 times. Cost of the Oct. 28 session is \$143.

Dance aerobics at LOACC

Join Laura Mabe and practice the moves and grooves to keep you healthy

Dancers join Laura Mabe to improve musicality by learning rhythmic tap steps such as shuffles, flaps, buffaloes, pull backs, time steps, flexibility, sequences, dances, terminology and more all while building self confidence in a fun environment. No Class 11/27. Ages 6 to 9, 5 to 5:50 p.m. Thursdays, Oct. 30 to Dec. 18, \$50.

Jazz Dance for Kids

Young dancers join Laura Mabe to improve their musicality and learn proper jazz turns, walks, kicks, pivots, flexibility, sequences, dances, terminology and more all while building self confidence in a fun environment. No Class 11/27. Ages 6 to 9, 6 to 6:50 p.m. Thursdays, Oct. 30 to Dec. 18, \$50.

Class registration information

Pre-registration is required for nearly all Parks & Recreation classes and activities. Class information is in the Parks & Recreation Guide available at the West End Building, also online at loparks.org.

You can register by Internet, mail (at Lake Oswego Parks & Recreation, West End Building, 4101 Kruse Way, Lake Oswego 97035), drop off materials during business hours at the WEB, fax to 503-697-6579 or phone 503-675-2549.

Non-residents generally pay more than fees shown. For more information on classes, visit loparks.org.

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