

## Ageless Grace and Nia: Cool classes on a very hot May day!

The Greenmere Studio proudly hosted two very different exercise classes on 1st May:

Ageless Grace, a seated exercise class, was presented by Reini Fick from Cape Town - what a great way to spend an afternoon: an inspirational teacher, an enthusiastic group and foot tapping music:

Well done to the 18 who braved the 35 plus degree afternoon!



*Reini Fick, presenter of Ageless Grace*

Thereafter, another 12 people attended the Nia class, celebrating 30 years of Nia, Garden Route style: presented by Joyce Hughes (Nia Knysna) and Gail Williams (Nia Gauteng) who led the group

through the moves of "Soul", a brand new Nia routine, recently released in the USA. It certainly was a public holiday to remember and it gave exercise a whole new outlook!



*Ageless Grace. Pictures courtesy of Elsje Grabe*