

Our November Specials:



Niki Z[™]
Sensual Dance Fitness

- New Membership: \$77 unlimited when you sign a 12 month contract (a \$20 savings per month/regularly \$97) plus joiner fee (\$47) will be waived until November 15, 2005.
- Free Day pass for your friends and family that haven't been to the Niki Z Fitness Studio.
- Shiatsu: Linda Charnley, Shiatsu therapist is offering a 1 hour Shiatsu to first time clients for \$35! Call Linda at (612)747-5169 to make an appt.
- Single Dance Classes are now available for \$18.

We Are:

A Sensual Dance Fitness studio celebrating cultural sensual dances from around the world.

We Offer:

You've seen it on Oprah... this is for every woman! Our multi-cultural Sensual Dance Fitness classes are fun, hot and effective, come join us for:

**Soulful Sensual Pole
Sensual Stretch
Sensual Yoga
Belly Dancing
African Goddess
Island Groove
Shake Your Chakra
Hip Hop
Dirty Dancing
Sensual Latin
Bollywood and
Our Innovative Strength
Training Program**



Niki Z[™]

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• Beautiful • Feminine •

• Powerful •