



NUTRITIOUS MOVEMENT®

CENTER NORTHWEST

JULY & AUG CLASSES

TUESDAYS 9:30

Alignment Foundations

Libby Scofield at NM Center NW

THURSDAYS 10:00

Low-Back Bootcamp in the LAVENDER

Katy Bowman at Jardin du Soleil

Substitute Libby Scofield on Aug 6

SATURDAYS 9:30

Stretch Strong

Katy Bowman at NM CENTER NW

UPCOMING EVENTS

Strong and Steady:

A Four-Week Exercise Course on Dynamic Aging

with Margot Wing at NM Center NW

Aug 1st–24th, Mondays and Wednesdays, 9:30–10:30am

Register via email [wamawing@gmail](mailto:wamawing@gmail.com)

See back side for more information about the class schedule
or visit our website at www.NMcenterNW.com