



NUTRITIOUS MOVEMENT®

CENTER NORTHWEST

AUG & SEPT CLASSES

TUESDAYS 9:30

Alignment Foundations

Libby Scofield at NM Center NW

THURSDAYS 10:00

Low-Back Bootcamp at Jardin du Soleil

Katy Bowman at Jardin du Soleil

SATURDAYS 9:30

Stretch Strong

Katy Bowman at NM CENTER NW

UPCOMING EVENTS

Move Your DNA Weekend Workshop

with Michael Kaffel at NM Center NW

September 17-18, Saturday-Sunday, 9:00am-5:00pm

Register at nutritiousmovement.com/weekends

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

