



NUTRITIOUS MOVEMENT®

CENTER NORTHWEST

SEPTEMBER SCHEDULE

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 S. on Sept. 7th

SATURDAYS 9:30

STRETCH STRONG

Katy Bowman at *NM Center NW*

Substitute Libby S. on Sept. 23

Please note that Thursday classes are at **Jardin du Soleil**, located at **3932 Sequim Dungeness Way**, Sequim WA, 98382.

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

