



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



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Class Descriptions

Alignment Foundations

Focus on moving parts mindfully and creating mobility for everyday tasks. This class is a great way to introduce yourself to NM or deepen your work within it.

Low-Back Bootcamp

Free, fun, open-air/outdoor classes that use precise form to mobilize and deeply strengthen all the parts that affect the lower back (abdominals, pelvis, hamstrings) using a variety of positions.

Stretch Strong

Start your weekend off with a challenging (with modifications as needed!) exercise session that will have you stretch, strengthen, and stabilize your various parts.

Drop in to any of our weekly classes. NO PRE-REGISTRATION REQUIRED.

Class Cost: Single class fee: \$15, 10-class card for: \$100, \$70 (if you'd like to be "supported") or \$130 (if you'd like to "sponsor")

SEE OUR WEBSITE TO LEARN MORE - NMCENTERNW.COM

Prefer to take classes at home?

Check out our Virtual Studio Membership

ONLY \$19 A MONTH
CANCEL AT ANY TIME

Our Virtual Studio Membership includes:

- A 25-session "alignment foundations" library for beginners
 - 150+ classes on various body parts & topics
- Monthly movement challenges to direct your practice
- New classes each month, taught by biomechanics Katy Bowman

Monthly Q&A
with Katy for
Virtual Studio
Members!

Sign up at: nutritiousmovement.com/virtual-studio-membership