



**NUTRITIOUS MOVEMENT®**

**CENTER NORTHWEST**

# **OCTOBER CLASSES**

## **SPECIAL SERIES: FALL MOVEMENT DETOX**

**OCTOBER 2–6, 9:00–10:00am**

(Take all or drop in as you can)

**with Katy Bowman**

This is a special, one-week series that will address a body area each day, for five days in a row. Dedicate an hour to deep work and deep stretch of the following areas: Hips, Core, Shoulders, Legs, Arms.

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**WEEKLY CLASSES START OCTOBER 7TH**

**WEDNESDAYS 9:30**

**STRETCH STRONG**

**Katy Bowman**

**SATURDAYS 9:30**

**STRETCH STRONG**

**Katy Bowman** with substitute on Oct 14

**See other side for more information about classes and  
workshops and visit at [NMcenterNW.com](http://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 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](http://NMCENTERNW.COM)**

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### Prefer to take classes at home? Check out our Virtual Studio Membership

**ONLY \$14 A MONTH  
CANCEL AT ANY TIME**

Our Virtual Studio Membership includes:

- Monthly Q&A with Katy Bowman
- A 25-session "alignment foundations" library for beginners
- 150+ classes on various body parts & topics
- Movement challenges to direct your practice
- New classes added monthly

Monthly Q&A  
with Katy for  
Virtual Studio  
Members!

**Sign up at: [nutritiousmovement.com/virtual-studio-membership](http://nutritiousmovement.com/virtual-studio-membership)**