



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.

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

