



NUTRITIOUS **MOVEMENT**.
CENTER NORTHWEST

MARCH CLASSES

WEDNESDAY 9:30

STRETCH STRONG

Instructor: Katy Bowman
Substitute Margot Wing on 3/6

SATURDAY 9:30

STRETCH STRONG

Instructor: Katy Bowman
Substitute Margot Wing on 3/2

See other side or visit NMcenter.com for
information about classes, workshops and more.



NUTRITIOUS MOVEMENT®

CENTER NORTHWEST

Class Descriptions

Stretch Strong

Drop into 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:

- 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