



**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# MAY CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
			<b>1</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>2</b>	<b>3</b>	<b>4</b> <b>NO CLASS</b>	<p><b>Upcoming Move Your DNA Workshops!</b></p> <p><b>May 18-19</b> with Michael K.</p> <p>—</p> <p><b>July 27-28</b> with Michael K.</p> <p>—</p> <p><b>August 24-25</b> with Margot W.</p> <p>—</p> <p><b>November 2-3</b> with Margot W.</p>
<b>5</b> <b>NO CLASS</b>	<b>6</b> 11:30 am-12:30 pm <b>Kinstretch</b> with Ozi	<b>7</b> 9:00 -10:15 pm <b>Embodied Flow</b> with Ivy	<b>8</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>9</b>	<b>10</b>	<b>11</b> 8:00-9:00 am <b>STRETCH STRONG</b> with Katy	
<b>12</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>13</b> 11:30 am-12:30 pm <b>Kinstretch</b> with Ozi	<b>14</b> 9:00 -10:15 pm <b>Embodied Flow</b> with Ivy	<b>15</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>16</b>	<b>17</b>	<b>18</b> <b>NO CLASS</b> MOVE YOUR DNA Workshop	
<b>19</b> <b>NO CLASS</b> MOVE YOUR DNA Workshop	<b>20</b> 11:30 am-12:30 pm <b>Kinstretch</b> with Ozi	<b>21</b> 9:00 -10:15 pm <b>Embodied Flow</b> with Ivy	<b>22</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>23</b>	<b>24</b>	<b>25</b> 8:00-9:00 am <b>STRETCH STRONG</b> with Katy	
<b>26</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>27</b> 11:30 am-12:30 pm <b>Kinstretch</b> with Ozi	<b>28</b> 9:00 -10:15 pm <b>Embodied Flow</b> with Ivy	<b>29</b> 9:30-10:30 am <b>STRETCH STRONG</b> with Katy	<b>30</b>	<b>31</b>		

Visit [NMcenterNW.com](http://NMcenterNW.com) for information about classes, workshops and more.