



**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# JUNE CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
						1 9:30–10:30 am <b>STRETCH STRONG</b> with Libby	<p><b>Upcoming Move Your DNA Workshops!</b></p> <p>July 27–28 with Michael K.</p> <p>—</p> <p>August 24–25 with Margot W.</p> <p>—</p> <p>November 2–3 with Margot W.</p>
2	3 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	4 9:00 –10:15 pm <b>Embodied Flow</b> with Ivy	5 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	6	7	8 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	
9	10 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	11 9:00 –10:15 pm <b>Embodied Flow</b> with Ivy	12 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	13	14	15 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	
16	17 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	18	19 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	20	21	22 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	
23	24 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	25	26 9:30–10:30 am <b>STRETCH STRONG</b> with Michael	27	28	29 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	
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**Visit [NMcenterNW.com](http://NMcenterNW.com) for information about classes, workshops and more.**