




NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

AUGUST CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
				1	2	3 9:30–10:30 am STRETCH STRONG with Katy	BALANCE WORKSHOP Aug 2nd 9:30–10:30am *FREE* TWIST WORKSHOP Aug 3, 11am–1pm with Katy DYNAMIC AGING COURSE Aug 5 - Aug 29 Mon & Thurs 9:30 - 10:30am with Margot MOVE YOUR DNA WORKSHOPS Aug 24–25 with Margot W. Nov 2–3 with Margot More details/ register at nmcenter.com 
4	5 11:30 am–12:30 pm Kinstretch with Ozi	6	7 9:30–10:30 am STRETCH STRONG with Katy	8	9	10 9:30–10:30 am STRETCH STRONG with Katy	
11	12 11:30 am–12:30 pm Kinstretch with Ozi	13	14 9:30–10:30 am STRETCH STRONG with Katy	15	16	17 9:30–10:30 am STRETCH STRONG with Katy	
18	19 11:30 am–12:30 pm Kinstretch with Ozi	20	21 9:30–10:30 am STRETCH STRONG with Margot	22	23	24 9:30–10:30 am STRETCH STRONG with Margot	
25	26 11:30 am–12:30 pm Kinstretch with Ozi	27	28 9:30–10:30 am STRETCH STRONG with Katy	29	30	31 9:30–10:30 am STRETCH STRONG with Katy	

Visit NMcenterNW.com for information about classes, workshops and more.