




**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# JULY CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
	<b>1</b>	<b>2</b> 9:00 –10:15 pm <b>Embodied Flow</b> with Ivy	<b>3</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>4</b>	<b>5</b>	<b>6</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>BALANCE WORKSHOP</b> Aug 2nd 9:30–10:30am <b>*FREE*</b>
<b>7</b>	<b>8</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>9</b>	<b>10</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>11</b>	<b>12</b>	<b>13</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>TWIST WORKSHOP</b> Aug 3, 11am–1pm with Katy
<b>14</b>	<b>15</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>16</b> 9:00 –10:15 pm <b>Embodied Flow</b> with Ivy	<b>17</b> 9:30–10:30 am <b>STRETCH STRONG</b> with substitute	<b>18</b>	<b>19</b>	<b>20</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>DYNAMIC AGING COURSE</b> Aug 5 - Aug 29 Mon & Thurs 9:30 - 10:30am with Margot
<b>21</b>	<b>22</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>23</b>	<b>24</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>25</b>	<b>26</b>	<b>27</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>MOVE YOUR DNA WORKSHOPS</b> Aug 24–25 with Margot W. Nov 2–3 with Margot
<b>28</b>	<b>29</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>30</b>	<b>31</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy				<b>More details/ register at nmcenter.com</b>
							

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