



NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

SEPTEMBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
1	2	3	4 9:30-10:30 am STRETCH STRONG with Katy	5	6	7 9:30-10:30 am STRETCH STRONG with Katy	MOVE YOUR DNA WORKSHOPS Nov 2-3 with Margot More details/ register at nmcenter.com
8	9 11:30 am-12:30 pm Kinstretch with Ozi	10	11 9:30-10:30 am STRETCH STRONG with Michael	12	13	14 9:30-10:30 am STRETCH STRONG with Margot	
15	16 11:30 am-12:30 pm Kinstretch with Ozi	17	18 9:30-10:30 am STRETCH STRONG with Katy	19	20	21 9:30-10:30 am STRETCH STRONG with Katy	
22	23 11:30 am-12:30 pm Kinstretch with Ozi	24	25 9:30-10:30 am STRETCH STRONG with Katy	26	27	28 9:30-10:30 am STRETCH STRONG with Katy	
29	30 11:30 am-12:30 pm Kinstretch with Ozi						
							

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