



**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# OCTOBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS	
		<b>1</b> 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	<b>2</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Margot	<b>3</b>	<b>4</b>	<b>5</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Margot	<b>MOVE YOUR DNA WORKSHOPS</b>  <b>Nov 2–3</b> with Margot  <b>More details/</b> <b>register at</b> <a href="http://nmcenternw.com">nmcenternw.com</a>	
<b>6</b>	<b>7</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>8</b>	<b>9</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Margot	<b>10</b>	<b>11</b>	<b>12</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Libby		
<b>13</b>	<b>14</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>15</b> 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	<b>16</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>17</b>	<b>18</b>	<b>19</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy		
<b>20</b>	<b>21</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>22</b> 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	<b>23</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>24</b>	<b>25</b>	<b>26</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy		
<b>27</b>	<b>28</b> 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	<b>29</b> 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	<b>30</b> 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	<b>31</b> 				
								

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