



NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

JANUARY CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 10:00–11:30 am SPECIAL CLASS with Katy	2	3	4 9:30–10:30 am STRETCH STRONG with Katy	SPECIAL EVENTS Pelvic Floor Week WEEK Jan 13-17 9:30-10:30am with Katy B. Take 1 or take them all. Drop-ins welcome!
5	6 11:30 am–12:30 pm Kinstretch with Ozi	7 9:00 am–10:15 pm Embodied Flow with Ivy	8 9:30–10:30 am STRETCH STRONG with Katy	9	10	11 9:30–10:30 am STRETCH STRONG with Katy	
12	13 9:30 am–10:30 am Pelvic Floor Week w KB <hr/> 11:30 am–12:30 pm Kinstretch with Ozi	14 9:30 am–10:30 am Pelvic Floor Week w KB	15 9:30 am–10:30 am Pelvic Floor Week w KB	16 9:30 am–10:30 am Pelvic Floor Week w KB	17 9:30 am–10:30 am Pelvic Floor Week w KB	18 9:30–10:30 am STRETCH STRONG with Katy	
19	20 11:30 am–12:30 pm Kinstretch with Ozi	21	22 9:30–10:30 am STRETCH STRONG with Katy	23	24	25 9:30–10:30 am STRETCH STRONG with Libby	
26	27 11:30 am–12:30 pm Kinstretch with Ozi	28 9:00 am–10:15 pm Embodied Flow with Ivy	29 9:30–10:30 am STRETCH STRONG with Michael	30	31		



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