



**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# FEBRUARY CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 9:30–10:30 am <b>STRETCH STRONG</b> with Libby	<b>SPECIAL EVENTS</b>  <b>Move Your DNA Weekend Workshop May 17–18 with Michael K. Visit the website to register!</b>
2	3 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	4 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	5 9:30–10:30 am <b>STRETCH STRONG</b> with Margot	6	7	8 9:30–10:30 am <b>STRETCH STRONG</b> with Margot	
9	10 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	11 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	12 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	13	14	15 9:30–10:30 am <b>STRETCH STRONG</b> with TBD	
16	17 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	18 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	19 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	20	21	22 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	
23	24 11:30 am–12:30 pm <b>Kinstretch</b> with Ozi	25 9:00 am–10:15 pm <b>Embodied Flow</b> with Ivy	26 9:30–10:30 am <b>STRETCH STRONG</b> with Katy	27	28		

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