



**NUTRITIOUS MOVEMENT.**  
CENTER NORTHWEST

# APRIL CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>31</b> 9:30 am–10:30 pm <b>Bone &amp; Muscle Week</b> 11:30 am–12:30 pm <b>Kinstretch - with Ozi</b>	<b>1</b> 9:30 am–10:30 pm <b>Bone &amp; Muscle Week</b> <b>with Katy</b>	<b>2</b> 9:30 am–10:30 pm <b>Bone &amp; Muscle Week</b> <b>with Katy</b>	<b>3</b> 9:30 am–10:30 pm <b>Bone &amp; Muscle Week</b> <b>with Katy</b>	<b>4</b> 9:30 am–10:30 pm <b>Bone &amp; Muscle Week</b> <b>with Katy</b>	<b>5</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	<b>SPECIAL EVENTS</b>  <b>Bone &amp; Muscle Week</b> <b>w/ Katy Bowman</b>  March 31–April 4 9:30–10:30  Improve skeletal alignment for muscle and bone building!  <hr/> <b>Move Your DNA Weekend Workshops!</b> <b>See below;</b>  May 17–18 with Michael K.  Aug 23–24 with Michael K.  <b>Visit the website to register.</b>
<b>6</b>	<b>7</b> 11:30 am–12:30 pm <b>Kinstretch</b> <b>with Ozi</b>	<b>8</b> 9:00 am–10:15 pm <b>Embodied Flow</b> <b>with Ivy</b>	<b>9</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	<b>10</b>	<b>11</b>	<b>12</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with TBD</b>	
<b>13</b>	<b>14</b> 11:30 am–12:30 pm <b>Kinstretch</b> <b>with Ozi</b>	<b>15</b> 9:00 am–10:15 pm <b>Embodied Flow</b> <b>with Ivy</b>	<b>16</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	<b>17</b>	<b>18</b>	<b>19</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	
<b>20</b>	<b>21</b> 11:30 am–12:30 pm <b>Kinstretch</b> <b>with Ozi</b>	<b>22</b>	<b>23</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	<b>24</b>	<b>25</b>	<b>26</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>	
<b>27</b>	<b>28</b> 11:30 am–12:30 pm <b>Kinstretch</b> <b>with Ozi</b>	<b>29</b> 9:00 am–10:15 pm <b>Embodied Flow</b> <b>with Ivy</b>	<b>30</b> 9:30–10:30 am <b>STRETCH STRONG</b> <b>with Katy</b>				



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