NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

NOVEMBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30 – 10:45a** MOBILITY + MEDITATION w/ Heather	2 **11:30 – 12:30p** KINSTRETCH w/ Ozi **4:30 – 5:30p** BALL CLASS w/ Erin	3	4 **9:30 – 10:30a** STRETCH STRONG w/ Katy	5 **9:30 – 10:30a** YOGA MECHANICS w/ Heather	6	7 **9:30 – 10:30a** BALL CLASS w/ Erin
8 **9:30 – 10:45a** MOBILITY + MEDITATION w/ Heather	9 **11:30 – 12:30p** KINSTRETCH w/ Ozi **4:30 – 5:30p** BALL CLASS w/ Erin	10	11 **9:30 – 10:30a** STRETCH STRONG w/ Katy	12 **9:30 – 10:30a** YOGA MECHANICS w/ Heather	13	14 **9:30 – 10:30a** STRETCH STRONG w/ Katy
15 **9:30 – 10:45a** MOBILITY + MEDITATION w/ Heather	16 **11:30 – 12:30p** KINSTRETCH w/ Ozi **4:30 – 5:30p** BALL CLASS w/ Erin	17	18 **9:30 – 10:30a** STRETCH STRONG w/ Katy	19 **9:30 – 10:30a** YOGA MECHANICS w/ Heather	20	21 **9:30 – 10:30a** STRETCH STRONG w/ Katy
22 **9:30 – 10:45a** MOBILITY + MEDITATION w/ Heather	23 No KINSTRETCH **4:30 – 5:30p** BALL CLASS w/ Erin	24	25 **9:30 – 10:30a** STRETCH STRONG w/ Margot	26 	27	28 **9:30 – 10:30a** STRETCH STRONG w/ Margot
29 **9:30 – 10:45a** MOBILITY + MEDITATION w/ Heather	30 No KINSTRETCH **4:30 – 5:30p** BALL CLASS w/ Erin					

Nutritious Movement classes are highlighted. See class descriptions for more info.

Drop-ins welcome. Single class $15; 10-class pass $120