

August 2021

Calendar Month **AUGUST**Calendar Year **2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
				Intermediate Mat Pilates (9 am Pacific)		
	Strength for Beginners (10 am Pacific)	Mobility & Stability (10 am Pacific)	Mat Pilates for Beginners (10 am Pacific)	Voice-Only Strength (10 am Pacific)		Stretch & Refresh (10 am Pacific)
	Couch to Active Orientation (11 am)					
	Mat Pilates for Beginners (4 pm Pacific)	Voice-Only Strength (4 pm Pacific)	Strength for Beginners (4pm Pacific)			
8	9	10	11	12	13	14
				Intermediate Mat Pilates (9 am Pacific)		
	Strength for Beginners (10 am Pacific)	Mobility & Stability (10 am Pacific)	Mat Pilates for Beginners (10 am Pacific)	Voice-Only Strength (10 am Pacific)		Stretch & Refresh (10 am Pacific)
	Couch to Active Orientation (11 am)					
	Mat Pilates for Beginners (4 pm Pacific)	Voice-Only Strength (4 pm Pacific)	Strength for Beginners (4pm Pacific)			
15	16	17	18	19	20	21
				Intermediate Mat Pilates (9 am Pacific)		
	Strength for Beginners (10 am Pacific)	Mobility & Stability (10 am Pacific)	Mat Pilates for Beginners (10 am Pacific)	Voice-Only Strength (10 am Pacific)		Stretch & Refresh (10 am Pacific)
	Couch to Active Orientation (11 am)					
	Mat Pilates for Beginners (4 pm Pacific)	Voice-Only Strength (4 pm Pacific)	Strength for Beginners (4pm Pacific)			
22	23	24	25	26	27	28
				Intermediate Mat Pilates (9 am Pacific)		
	Strength for Beginners (10 am Pacific)	Mobility & Stability (10 am Pacific)	Mat Pilates for Beginners (10 am Pacific)	Voice-Only Strength (10 am Pacific)		Stretch & Refresh (10 am Pacific)
	Couch to Active Orientation (11 am)					
	Mat Pilates for Beginners (4 pm Pacific)	Voice-Only Strength (4 pm Pacific)	Strength for Beginners (4pm Pacific)			
29	30	31	1	2	3	4
			(see September schedule)	(see September schedule)		(see September schedule)
	Strength for Beginners (10 am Pacific)	Mobility & Stability (10 am Pacific)				
	Couch to Active Orientation (11 am)					
	Mat Pilates for Beginners (4 pm Pacific)	Voice-Only Strength (4 pm Pacific)				
5	6	<p>Register for classes at: www.couchtoactive.com</p> <p>New Class! Intermediate Mat Pilates - Friday's 9am Pacific</p> <p>"Couch to Active Orientation" is not an exercise class, rather a free session to learn more, get questions answered, and receive help with exercise modifications. Open to current and prospective students. Consider this as Lyn's office hours.</p> <p>Questions? Contact Lyn at beawesome@couchtoactive.com</p> <p>You are worth it!</p>				
	(see September schedule)					

Class Descriptions

Group Fitness Orientation (free)

Each Monday Lyn Lindbergh hosts a free orientation. This is not an exercise class, rather a free session to learn more, get questions answered, and receive help with exercise modifications. Open to current and prospective students. Consider this as Lyn's office hours.

Mobility and Stability

Begin your journey back to restoration us. Inspired by our clients who find regular exercise tends to flair up their health issues and those rehabbing injury. Increase your balance, flexibility, and practice specific exercises to help strengthen stability on your feet. All effort is celebrated.

Equipment: None required but light dumbbells and a stretchy (Thera) band is recommended. Your video is always optional.

Strength for Beginners

Designed for the absolute beginner looking for an encouraging environment to regain their strength. Students are led through a series of gentle strength exercises targeting all major muscle groups.

Equipment: None required but light dumbbells are recommended. Your video is always optional.

Voice Only - Strength for Beginners

Strengthen your body with this unique audio-only experience. All participants and the instructor have their video cameras off for the entire class. This is the same class as Strength for Beginners listed above just with no video at all.

Equipment: None required but light dumbbells are recommended.

Mat Pilates for Beginners

Rejuvenate your body and spirit. This class focuses on strengthening all core muscles that support your spine, organs, and keep you feeling young and strong. This form of exercise helps relieve common back pain and gives strength to every activity you love in the rest of your life.

Equipment: None needed.

Intermediate Mat Pilates

Gain a rock-solid core safely. This class is for students looking for a little more challenge than the beginners Mat Pilates class. I teach the full BASI Mat Pilates repertoire that by mastering will safely leave you feeling stronger than ever. This is our only class that is not suitable for absolute beginners.

Equipment: Yoga mat, or non-slip floor. Stretchy (Thera) band.

Stretch and Refresh

Improve your flexibility and mobility through a series of stretches designed to unwind, destress, and safely restore your range of motion. Throughout this hour you will stretch every muscle in your body with an emphasis on legs, neck, and shoulders.