

FEBRUARY

2021

Calendar Month: FEBRUARY
Calendar Year: 2021
1st Day of the Week: SUNDAY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|--------|--------------------------------------|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | Strength for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | Mat Pilates for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | | Stretch & Refresh (10 am Pacific) |
| | Meet & Greet (11 am Pacific) | | | | | |
| | Mat Pilates for Beginners (4 pm Pacific) | Gentle Movement (4 pm Pacific) | Strength for Beginners (10 am Pacific) | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Strength for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | Mat Pilates for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | | Stretch & Refresh (10 am Pacific) |
| | Meet & Greet (11 am Pacific) | | | | | |
| | Mat Pilates for Beginners (4 pm Pacific) | Gentle Movement (4 pm Pacific) | Strength for Beginners (10 am Pacific) | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Strength for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | Mat Pilates for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | | Stretch & Refresh (10 am Pacific) |
| | Meet & Greet (11 am Pacific) | | | | | |
| | Mat Pilates for Beginners (4 pm Pacific) | Gentle Movement (4 pm Pacific) | Strength for Beginners (10 am Pacific) | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | Strength for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | Mat Pilates for Beginners (10 am Pacific) | Voice-Only Exercise (10 am Pacific) | | Stretch & Refresh (10 am Pacific) |
| | Meet & Greet (11 am Pacific) | | | | | |
| | Mat Pilates for Beginners (4 pm Pacific) | Gentle Movement (4 pm Pacific) | Strength for Beginners (10 am Pacific) | | | |
| 28 | 1 | 2 | 3 | 4 | 5 | 6 |
| | (March) | (March) | (March) | (March) | | (March) |
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| 7 | 8 | <p>Notes</p> <p>Register for classes at: www.couchtoactive.com</p> <p>"Meet and Greet" is not an exercise class, rather an informal time for anyone to connect with Lyn.</p> <p>Questions? Contact Lyn at beawesome@couchtoactive.com</p> <p>You are worth it!</p> | | | | |
| | (March) | | | | | |
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