

**BE STRONG, BE  
FEARLESS, BE  
BEAUTIFUL. AND  
BELIEVE THAT  
ANYTHING IS  
POSSIBLE WHEN YOU  
HAVE THE RIGHT  
PEOPLE THERE TO**



**WE ARE WHAT WE  
REPEATEDLY DO**



**WORK HARD, BE  
KIND, AND AMAZING  
THINGS WILL HAPPEN**



**MOTIVATION GETS  
YOU STARTED, HABIT  
KEEPS YOU GOING**

# MOTIVACTION

## ‘Strong September’

The theme for this month is strength. During these pandemic times we have been challenged both physically and mentally. Sometimes we never know how strong we can be or how strong we can become. Let’s work together this month to bring more strength and stability into our bodies through some varied enjoyable movement.

### September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 The magic circle	31	1 In a twist	2	3 HIYPE 15  Or Favourite	4
5	6 Long, lean, legs	7	8 Its a balancing act	9	10 HIYPE 20  Or favourite	11
12	13 Armed	14	15 Stretch & Strength	16	17 HIYPE 5  Or Favourite	18
19	20 I’ve got your back	21	22 Bend over backwards	23	24 HIYPE 18  Or Favourite	25
26	27 Strong all over	28	29 Strong Flow	30	1	2

Hello to all my amazing online class attendees,

I hope you will enjoy the new changes on the website.

I decided to call these new packs, monthly 'motivAction' as it is not motivation we need but more action. I often hear people say that they struggle to get motivated but it is action that breeds more action, not motivation. Motivation is just a feeling and if we relied on it we would never get anything done. Taking action when we are not really in the mood will not only change that mood but result in you wanting to do more.

The classes are released on a Monday and Wednesday and it is my aim for you to complete the new releases within the week and the revert back to the library for any extra classes you would like to do. I hope this becomes your aim and habit too.

You are strong, you have good mobility and flexibility. Never berate yourself and remember, any day that you have the health and physical ability to get on your mat is a good day, it is a privilege denied to many.

You are here to maintain or improve your physical and mental health.

Thank you for moving with me and please keep in touch,

I love to hear from you.

Charlene