

"Let's Get Back At 'Er" Lorrie's September Schedule

Registration for October
 Habit Guru Club opens
 9/22. Pre-register [HERE](#).

mon

tue

wed

thu

fri

sat

sun

Phone: 705-647-2848

Email: activeoptionsbylorrie@gmail.com

Facebook: [Women's Wellness Community](#) (LIVE Fridays @7am)

[Habit Thrive Podcast](#)

[Information on Lorrie's Classes](#)

04

Fall Planners
Begin



(Lorrie
away)

05



(Lorrie
away)

06



(Lorrie
away)

07



(Lorrie
away)

08

• [Women's Wellness
Community
Meditation](#) (TBA)



(Lorrie
away)

09



[HabitThrive
Podcast](#)
Theme:
Planning Happiness



(Lorrie
away)

10

**Relax &
Recharge**



11

• 7am: [Online
Mantra Meditation
with Suzanne
Mongrain Smith](#)
(free)



(Lorrie
away)

12



(Lorrie
away)

13

• [Yoga & Pilates
Strength Flow](#)
(Zoom) TBA



(Lorrie
away)

14



(Lorrie
away)

15



(Lorrie
away)

16



[HabitThrive
Podcast](#)
Theme:
Planning Happiness



17

**Relax &
Recharge**



18

• 7am: [Online
Mantra Meditation
with Suzanne
Mongrain Smith](#)
(free)

• 8:30am: [Yoga
Flow](#) (Zoom)

• 1pm: Cardiac Rehab
(Fitness Centre) ❤️

19

"Autumn
carries more
gold in its
pocket than
all the other
seasons."

-Jim Bishop



20

• 8:30am: [Yoga &
Pilates Strength
Flow](#) (Zoom)

21

• 9:30am: [Stillness,
Strength & Breath
Yoga](#) (YogArt)

• 4pm: [Stretch,
Rock & Roll](#)
(YogArt)

22

• 7am: [Women's
Wellness
Community
Meditation](#) (free
on Facebook)

• [Private
Coaching
Available Upon
Request](#)

23



[HabitThrive
Podcast](#)
Theme:
Planning Happiness



24

**Relax &
Recharge**



25

• 7am: [Online
Mantra Meditation
with Suzanne
Mongrain Smith](#)
(free)

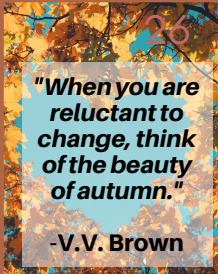
• 8:30am: [Yoga
Flow](#) (Zoom)

• 1pm: Cardiac Rehab
(Fitness Centre) ❤️

26

"When you are
reluctant to
change, think
of the beauty
of autumn."

-V.V. Brown



27

• 8:30am: [Yoga &
Pilates Strength
Flow](#) (Zoom)

28

• 9:30am: [Stillness,
Strength & Breath
Yoga](#) (YogArt)

• 4pm: [Stretch,
Rock & Roll](#)
(YogArt)

29

• 7am: [Women's
Wellness
Community
Meditation](#) (free
on Facebook)

• [Private
Coaching
Available Upon
Request](#)

30



[HabitThrive
Podcast](#)
Theme:
Planning Happiness



Mark Your
 Calendar for
 Friday, October
 20th: Fall Retreat at
 Open Studio Libre

