



ANCHOR Fit Schedule

	MON	TUES	WED	THURS	FRI
6:00 AM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit
7:00 AM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit
8:00 AM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit
12:00 PM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit
6:00PM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	

Small Group Training Schedule

	MON	TUES	WED	THURS	FRI
6:00 AM	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Small Group Training
7:00 AM	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Small Group Training
8:00 AM	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Small Group Training
9:00 AM	Small Group Training	Small Group Training	Small Group Training	Small Group Training	Small Group Training
12:00 PM	Small Group Training				
5:00 PM		Small Group Training		Small Group Training	

Active Recovery Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45am		SS			
6:00am				F	
7:00am		F			F
8:00am				MM	R (8:10am)
9:00am					
9:15am	DS	F	DS	F	R
5:30pm					

6:30pm		Y		Yoga Nidra	
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Stability Series (SS) - Teaches mindful movement through a set sequence of postures for those wishing to reduce stress. Appropriate for beginner to advanced students.

Foundations (F) – A combination of accessible postures, fundamental movements, and deep breathing with clear alignment instruction and modifications to fit your needs. Designed for all levels ~ beginners to

Vinyasa Flow (VF) - A dynamic class designed to improve strength, flexibility, and cardiovascular health through a varying sequence of postures, helping you to deepen body awareness, breath awareness, and mental focus so you can pace the class to fit your needs.

Slow Flow Vinyasa - A form of vinyasa yoga that links the breath, movement, and poses together. The term has a variety of meanings; but the most common reference is to the connection between breath and movement in a relaxed atmosphere with a therapeutic pace, which is unique for a vinyasa session.

Restorative Yoga (R) - Promotes physical and mental balance to prevent stress and anxiety. With the use of blocks, and straps, students are able to hold poses longer, receiving all the benefits of deep, passive stretching.

Movement & Mobility (MM) – A combination of self-massage, stretching, and muscle activation techniques to address imbalances in the body.

Deep Stretch (DS) - consists of a series of stretches more general in focus, targeting all major muscle groups through static stretching (holding a position for a set amount of time) and dynamic stretching (moving through a range of motion of muscles) and the use of tools such as foam rollers.

All classes are 60 minutes long unless otherwise indicated

SAT	SUN
ANCHOR Fit	
	Simple & Sinister

SAT	SUN
Small Group Training	
	Small Group Training
<i>*Small Group can take up to 6 clients at a time.*</i>	

Saturday	Sunday
F or Y (alt. weekends)	R or VF (alt. weekends)



ing to strengthen and stretch while

g. Learn to move more precisely
seasoned practitioners.

th. Guided by breath, flow through
al clarity. Modifications are offered

e Sanskrit word, "Vinyasa", has a
nt. Slow flows classes combine a

use of props (bolsters, blanket,
tretching.

ques to gain mobility and address

groups through both static
of motion that stretches your

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am		SS				
7:00am	SS	F	SS	F	F	
8:00am						VF or SS
9:00am	VF				R	
9:15am		F		F		
5:30pm						
6:00pm		SS				

Stability Series (SS) - Teaches mindful movement through a set sequence of postures for those wishing to st

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Restorative Yoga (R) - Promotes physical and mental balance to prevent stress and anxiety. With the use of

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Sunday
SS
(90 Minutes)

strengthen and stretch while reducing stress. Appropriate for beginner to advanced students.

to move more precisely with clear alignment instruction and modifications to fit your needs. Designed for all levels. Guided by breath, flow through a varying sequence of postures, helping you to deepen body awareness, breath awareness, and relaxation. Using props (bolsters, blanket, blocks, and straps), students are able to hold poses longer, receiving all the benefits

levels ~ beginners to seasoned practitioners.

awareness, and mental clarity. Modifications are offered so you can pace the class to fit your needs.

of deep, passive stretching.