



ANCHOR Fit Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
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	ANCHOR Fit	
8:00 AM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit		S + S*
12:00 PM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit		
6:00PM	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit	ANCHOR Fit			

Simple + Sinister (S + S) - A minimalist kettlebell program focused on strength, endurance, and efficiency. It consists of 10x10 one-arm swings or deadlifts and 10 Turkish get-ups (5 per side), emphasizing proper form, power, and controlled movement. (workout is modified to client ability)

Small Group Training Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
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	Small Group Training	
9:00 AM	Small Group Training	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	Small Group Training		<i>*Small Group can take up to 6 clients at a time.*</i>	

Active Recovery Schedule

All classes are 60 minutes long unless otherwise indicated.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		SS					
6:00am				F			
7:00am		F			F		
8:00am				MM		*F or Y	*R or VF
9:00am							
9:15am	20/20/20	F	DS	F	R		
5:30pm							
6:30pm			Y	Yoga Nidra		*alternating weekends	

Stability Series (SS) - Teaches mindful movement through a set sequence of postures for those wishing to strengthen and stretch while reducing stress. Appropriate for beginner to advanced students.

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

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

Restorative Yoga (R) - Promotes physical and mental balance to prevent stress and anxiety. With the use of props (bolsters, blanket, 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 gain mobility and address imbalances in the body.

20/20/20 - a Mobilize, Restore, and Regulate Yoga class to enhance durability, promote relaxation, and balance your nervous system. This holistic session includes 20 minutes of mobility work, 20 minutes of restorative yoga, and 20 minutes of Yoga Nidra for deep regulation.

Deep Stretch (DS) - a movement-based class that improves mobility, flexibility, and joint control while building strength in end ranges. It also incorporates breathing techniques to promote relaxation and recovery.

Yoga Nidra - Gentle Yoga with Yoga Nidra combines slow, mindful movement that prepares the body for stillness, while Yoga Nidra uses breath awareness and visualization to reduce stress, improve sleep, and enhance overall well-being.

