

Anthem Civic Building

Mind & Body Schedule



Effective January 16 - March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:55 a.m. Yoga Basics 1 Henderly - Fitness 1	9-9:55 a.m. Yoga Basics Tracy - Fitness 1	9-9:55 a.m. Vinyasa Flow Tracy - Fitness 1	9-9:55 a.m. Yoga Basics Tracy - Fitness 1	9-9:55 a.m. Barre Gina - Fitness 1	9:30-10:25 a.m. Yoga Fun Flow Tracy - Fitness 1
	10:15-11:10 a.m. Vinyasa Yoga Tracy - Fitness 1	10-10:55 a.m. Gentle/Restorative Yoga Henderly - Fitness 1	10 - 10:55 a.m. Strength, stretch & core workout Kathy - Fitness 2	9:30-10:30 a.m Vinyasa Yoga Lauren - Fitness 2	
	6:30-7:25 p.m. Yoga Basics Lauren - Fitness 1	12-12:45 a.m. Yoga Henderly - Fitness 1	10:15-11:10 a.m. Vinyasa Yoga Tracy - Fitness 1	10:30-11:30 a.m Tennis Yoga Melissa - Fitness 1	
			12-12:55 p.m. Vinyasa Yoga Lunch Hour Lauren - Fitness 1	ACC CIVIC BUILDING HOURS: M,W: 8 a.m - 7 p.m T, TH: 8 a.m - 9 p.m F: 8 a.m - 5 p.m Sat: 8 a.m - 12 p.m OnlineAtAnthem.com	

Teacher may have substitute for classes

Class
Barre Strength: Class uses weights, bands, exercise balls as well as using the ballet barre. This fused class will strengthen and stretch all the major muscle groups in the body. Barre focuses on core conditioning, butt and thigh work, and various stretch series. This workout will quickly and safely reshape your entire body, make you look and feel stronger, and be more confident.
Flexible Strength: Class uses weights, bands and exercise balls to gain flexible strength.
Gentle/Restorative Yoga: Enjoy relaxed, passive stretching in a nurturing atmosphere. Movement is slow and may incorporate breathing techniques or guided meditation. Props are used to allow the body to relax in a safe and comfortable manner. Great class for beginners, injuries, ailments, stress and athletes. Individualized attention provided to fit all needs and abilities, including health concerns.
Restorative Pilates: Beginners Pilates profile that utilizes foam rollers and incorporates more flexible postures and movements. Allows individuals to create better balance and strength.
Strength, Stretch & Core: An all levels class that works on strength to build your core, stretching is included with this.
Tennis Yoga - Beginning fundamentals of yoga that focuses on hip opening, shoulder strength and side body lengthening to enhance court play.
Yoga Fun Flow: An all levels class that flows a little faster, standing balancing and some floor work will get you energized for your weekend.
Vinyasa Yoga: A class designed for those that want to take their yoga practice to the next level. An upbeat, exhilarating class that will sculpt your body, improve flexibility, and increase muscle tone while relieving stress.
Yoga (mixed levels): Learn the fundamentals of Ashtanga Yoga in a fluid sequence that safely reinforces the basics and leaves one feeling happier, stronger and more capable. Beginner to advanced yoga practitioners are all welcome.
Yoga Basics 1: Classes cover yogic postures, alignment, yogic concepts and how to grow the practice into everyday life. With emphasis on the fundamentals of proper form, proper alignment and proper awareness, the practice is easy enough for the first time students and challenging enough for returning students. Great class for those new to yoga or wanting a refresher course
Yin Yoga: A passive practice that involves variations of seated and supine poses typically held for 2 to 5 minutes, accessing deeper layers of fascia.
Yoga 101: Feel that you need a step before even yoga basics? Want to know why we breathe different in yoga? Come to this class to learn the bare basics of hand placement, foot placement, or even to brush up on the basics if you're an experienced practitioner.