

Anthem Civic Building

Mind & Body Schedule

Effective April 1st - May 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:55 a.m. Yoga Basics 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	10:30-11:30 a.m. Tennis Yoga Melissa - Fitness 1	9:30-10:25 a.m. Yoga Fun Flow Tracy - Fitness 1
10-10:55 a.m. Gentle/Restorative Yoga Henderly - Fitness 1	10:15-11:10 a.m. Vinyasa Yoga Tracy - Fitness 1	10-10:55 a.m. Gentle/Restorative Yoga Henderly - Fitness 1	10:15-11:10 a.m. Vinyasa Yoga Tracy - Fitness 1		
	6:30-7:25 p.m. Yoga Basics 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

Class Descriptions

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.

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 Basics: 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 on the fundamentals.