



ANCHOR FITNESS SCHEDULE—JANUARY, 2020

NEW! TRX Intervals with Carrie | Tuesday at 6:00am

This TRX class works on improving your cardio stamina and building your muscular endurance with TRX suspension training. Multiple rounds of strength and cardio moves both on and off the TRX will give you a total body workout! Suitable for all levels as every exercise can be modified.

NEW! Cardio & Strength Circuit with Tru | Thursday at 6:00am

This class uses resistance and cardio interval training techniques to improve endurance and build strength. The dynamic mix of body weight, free weights and various equipment will push your body to the limit. Suitable for all levels as every exercise can be modified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6		NEW! 6:00AM 6:00-7:00 TRX Intervals with Carrie		NEW! 6:00AM 6:00-7:00 Cardio & Strength Circuit with Tru	
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8	8:00-9:00 Cardio & Strength Circuit-Tru	7:30-8:30 FREE Indoor Walking	8:00-9:00 Cardio Boxing & Strength Circuit-Tru	7:30-8:30 FREE Indoor Walking	7:30-8:30 FREE Indoor Walking
9				8:30-9:00 Cardio Express-Carrie	8:30-10:00 Pickleball
10		9:15-10:15 TRX/Tone-Carrie	9:15-10:15 TRX 20/20/20-Carrie	9:15-10:15 RIP-Carrie	
11		10:30-11:45 Bootcamp & Balance Parkinson's/MS		10:30-11:45 Bootcamp & Balance Parkinson's/MS	
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