**Group Fitness**

Our group fitness programs stand out from the rest because of the QUALITY of Coaching you get with every class. Our mission is to meet you where YOU’RE at and help you get into your best shape!

You are not just a number at Anchor Fitness.

**Strong & Lean** – our multipurpose class! You get full body strength training and fun, dynamic cardio! Get strong & torch those calories!

**Women’s Lifting** – a slower pace, focused strength training class. Learn proper movement patterns and identify weaknesses in this body building style workout. Great for all fitness levels.

**HIIT (High Intensity Interval Training)** – Fast, intense cardio that melts fat and is very time efficient! You’re in and out in 40 minutes with a killer sweat!

**Pilates** – Mat based Pilates with the best instruction! Strengthen your core and connect with your body.

**Run Strong** – A training program based on correcting the imbalances that runner develop – hips, knees, ankles and core. Recover from or prevent overuse injury and improve your running speed and power!

**Nutrition Coaching/Demonstrations**

2X/week our Holistic Nutritionist and Trained Chef, Lyndsay Guittierrez comes to our studio kitchen and prepares a nutrient dense recipe or discusses an important nutrition topic to help YOU overcome any barriers you may be facing. Time for Q&A is priceless!

Lyndsay is also available for 1-on-1 coaching!

Unlimited Membership $129/mo

Try it FREE for 14 Days!