

Monday

		Instructor	Length	Level	Studio
7:00 am	Indoor Cycling	Jerry	55 min	All	Multisport
10:00 am	Plyo Burn FREE to MEMBERS	Amid	55 min	All	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
6:00 pm	Intermediate Pilates Equipment	Stephanie	55 min	2-3	Pilates
6:00 pm	Indoor Cycling FREE to MEMBERS	Erin	55 min	All	Multisport
6:00 pm	NEW! Cardio Kickboxing	Amid	55 min	All	Martial Arts
7:00 pm	Beg. Pilates Equipment FREE to MEMBERS	Stephanie	55 min	BEG	Pilates

Don't Forget!

we offer OVER 50 yoga classes get your stretch on!
SEE THE SEPARATE SCHEDULE

Beginner levels to advanced
Vinyasa, Relaxation, Mysore Ashtanga, and more...

Tuesday

		Instructor	Length	Level	Studio
7:00 am	Cardio Kickboxing FREE to MEMBERS	Amid	55 min	All	Martial Arts
10:00 am	Indoor Cycling	Jerry	55 min	All	Multisport
Noon	Back to Basics Conditioning	Robert	55 min	All	Martial Arts
Noon	Intermediate Pilates Equipment	Desi	55 min	2-3	Pilates
5:20 pm	NEW! Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
6:00 pm	Cardio Pilates Circuit	Stephanie	55 min	2-4	Pilates
6:00 pm	Target Toning FREE to MEMBERS	Hilary	55 min	All	Multisport
7:00 pm	Running Basics	Hilary	55 min	All	Multi/Outdoors
7:00 pm	NEW! Beg/Int. Mat Pilates Begins Sept 8th!	Stephanie	55 min	1-2	Pilates

VIP MEMBERSHIPS include all of the listed classes here & on the separate yoga schedule!

Wednesday

		Instructor	Length	Level	Studio
6:15 am	NEW! Castle Core	Hilary	45 min	All	Lotus
7:00 am	Indoor Cycling FREE to MEMBERS	Jerry	55 min	All	Multisport
10:00 am	Plyo Burn PLUS	Amid	55 min	1-3	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
4:45 pm	Kajukenbo Kids	Robert	45 min	All	Martial Arts
6:00 pm	Indoor Cycling PLUS (55min Cycling, 30 min Abs)	Amy	85 min	All	Multisport
6:00 pm	Intermediate Pilates Equipment FREE to MEMBERS	Stephanie	55 min	2-3	Pilates
7:00 pm	Beg. Pilates Equipment FREE to MEMBERS	Stephanie	55 min	BEG-1	Pilates

FREE to MEMBERS classes are included in all types of member levels. Want every class listed??






Ask about our VIP memberships starting at \$112/mo

ALWAYS FREE classes are just that! Always free, for anyone.

Thursday

		Instructor	Length	Level	Studio
7:00 am	Cardio Kickboxing FREE to MEMBERS	Amid	55 min	All	Martial Arts
10:00 am	Indoor Cycling	Jerry	55 min	All	Multisport
Noon	Intermediate Pilates Equipment	Desi	55 min	2-3	Pilates
Noon	Back to Basics Conditioning FREE to MEMBERS	Robert	55 min	All	Martial Arts
5:20 pm	NEW! Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
6:00 pm	Target Toning	Hilary	55 min	All	Multisport
7:00 pm	NEW! Cardio Circuit	Hilary	55 min	All	Multi/Outdoor

Class Type Color Chart

 Martial Arts	 Strength & Conditioning	 Cardio	 Cycling	 Core/Abs Pilates
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Our Class Levels are: BEG=Beginner 1=novice 2=intermediate 3=advanced 4=expert
All=All levels. Your workout can be adjusted to your own level of fitness or comfort; Listen to your body!

Friday

		Instructor	Length	Level	Studio
6:15 am	NEW! Castle Core FREE to MEMBERS	Hilary	45 min	All	Lotus
7:00 am	Cardio Circuit FREE to MEMBERS	Tatum	55 min	All	Multisport
10:00 am	Plyo Burn FREE to MEMBERS	Amid	55 min	All	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
5:30 pm	Indoor Cycling FREE to MEMBERS	Amy	55 min	All	Multisport

MORE
class times!

TRY ONE TODAY

More evening options!
Early AM classes!
Sunday classes!
Abs classes!
Beginner Cycling!
Pilates Mat!

Freshen ^{UP} Fall classes

25% MORE CLASSES
We're freshening up our class schedule!
With 25% more classes for Fall your membership just got a major upgrade!

MORE
value!

Weekend

		Instructor	Length	Level	Studio	
SAT	9:30 am	Indoor Cycling FREE to MEMBERS	Lisa	55 min	All	Multisport
	10:00 am	Target Toning ALWAYS FREE	Hilary	55 min	All	Martial/Outdoor
	10:30 am	Beg. Pilates Equipment ALWAYS FREE	TBA	55 min	BEG	Pilates
	11:00 am	Cardio Circuit	Hilary	55 min	All	Multi/Outdoor
	11:30 am	Int. Pilates Equipment FREE to MEMBERS	TBA	55 min	2-3	Pilates
SUN	11:00 am	NEW! Cardio Circuit FREE to MEMBERS	Tatum	55 min	All	Multi/Outdoor
	Noon	NEW! Castle Core	Tatum	45 min	All	Multisport

Now showing Sunday classes!

healthy mind

healthy body

healthy you!

FALL 2009 Class Schedule

September 1st - November 30th

Voted 2008 & 2009 "READER'S CHOICE" for Best Gym
in Austin Fit Magazine

Includes 20 classes FREE for Premier members
and 2 classes ALWAYS FREE for anyone



Stephanie Wright, Pilates Experience/Pilates Mat

Class Descriptions

Kajukenbo Kids - Robert
Appropriate for ages 5-11, children will learn strict discipline and the highest respect for themselves, others, and the chief instructor. In addition, highly effective conflict resolution skills will be taught. Make sure your child brings a water bottle, or sports drink. They are required to wear black karate uniforms which can be purchased the first class. Until then, students must wear all black. All levels

MORE CLASSES!! Cardio Circuit - Hilary, Tatum
In this class you will get the cardio workout you desire mixed with the strength exercises you need. Join Hilary and Tatum in this circuit style, upbeat routine set to music that keeps you motivated for the entire hour! Participants will alternate between light full body strength exercises and bursts of cardio to help torch calories and keep you sweatin'. All levels

Cardio Kickboxing - Robert, Amid
Gain confidence, strength, and lean muscle in cardio kickboxing class. Learn how to properly throw punches and kicks, and connect them into combinations. We don't kick in the air here, we hit 80 pound pro heavy bags. All levels

Running Basics - Hilary
Learn the basics of running while improving speed and endurance. Hilary will take you on a variety of runs and drills around Castle Hill that will give you a great cardio workout as well as keep you fresh on your feet for summer. Bring water and be ready to burn some calories! All levels

Indoor Cycling - Jerry, Erin, Amy, and Lisa
Whether you are a cyclist wanting to improve performance or simply looking for a motivating cardio workout, you will enjoy our high energy indoor cycling classes. We implement the major components of cycling training with a variety of teaching styles. You will gain pedaling efficiency, recover faster, and push that bigger gear with a lower heart rate. All levels

NEW! Easy Spyn - Celeste
This 30 minute light-hearted, gentle indoor cycling class is back by popular demand. Goes great before Tu/Th 6pm Vinyasa! Bring athletic shoes or cycling shoes. No experience required, best for beginners. Level BEG

Indoor Cycling PLUS - Amy
Get killer cardio and stronger abs in one class! Join Amy for 55 minutes of high intensity cycling and then move to 30 minutes of cycling specific stretches and ab exercises. Participants are welcome to stay just for cycling or arrive at 7pm for abs and stretch. All levels

Target Toning - Hilary
Work to tone all areas of your body including those hard to reach glutes, hips, abs, and arms. You'll work spot exercises with light weights, resistance bands, balance balls and your own body to achieve the trim and toned look you want. All levels

Back to Basics Conditioning - Robert
No frills, no thrill, no heart rate monitors. Former football athlete, Robert Reed, dishes out a special mix of motivational instruction in a boot camp like style. Old fashioned training methods and an outdoor setting guarantee you will first find, then exceed your limits. In this class sports specific and agility training are a bonus; bring a water bottle to stay hydrated. All levels

Plyo Burn - Amid
Commonly referred to as one of the quickest and intense ways to burn calories while consistently improving strength and endurance, plyometrics continue to gain popularity with everyone who is looking for top results. All levels

Plyo Burn PLUS! on Wednesdays with Amid steps up the intensity just a notch! Expect new exercises & surprises each week! Levels 1-3

NEW! Castle Core - Hilary, Tatum
This 45 minute class will blast your abs to a new level of tone! Using body weight, balance balls, and resistance bands you will whittle your middle in this new fitness class addition! All Levels

NEW Begins Sept 8th! Beg/Int Mat Pilates - Stephanie
If the equipment is too many bells 'n' whistles for your type then join Stephanie in a weekly Pilates workout on the mat! Previous Pilates Mat knowledge is recommended to keep with the flowing rhythm of this class. Absolute Beginner? Try a private or small group session first! Level 1-2

Beginner Pilates Equipment - Stephanie
Develop core strength, loosen joints, and correct faulty body mechanics without building bulk. You will discover each piece of equipment in our studio and the fundamental movements of the Pilates method in this unique results-driven class designed **specifically for newcomers**. Level BEG-1

Cardio Pilates Circuit - Stephanie
Get a unique cardio workout by using the jumpboard and the chair to increase your heart rate. This fast paced class is for the advanced student. A firm understanding of how the equipment works is required and is not recommended for those with knee or ankle injuries. Levels 2-4

Intermediate Pilates Equipment - Desi, Stephanie, Catie, & Monique
Rotate among the chair, the reformer, the wall unit and the mat for a workout guaranteed to produce results. You will perfect a number of intermediate movements in this fast paced sequence designed to please both the expert and the adventurous intermediate. Levels 2-3

WANT More?

Looking for a 6am fitness class?
TRY MINI BOOT CAMP! Mon-Fri 6-7am
Upcoming camps: Sept 14-Oct 2
Oct 12-30 ****big one!**
Nov 2-20
Nov 30-Dec 18

Wanna step it up a notch?
TRY FITNESS XTREME: an advanced fitness series M/W/F at 6am
see individual program flyers or our website for more details

Prices

Best Value!
VIP Membership

Single Class **10 Class Card** **20 Class Card** **31 Day Unlimited**

31 Day Unlimited Pass includes full gym use

Short Term	\$129/mo	\$387 3 months	Walk-In	\$16	\$132	\$220	\$149
Year Term	\$112/mo	\$1232 12 months	Premier Members	\$8	\$66	\$110	

Gym Hours of Operation

Monday-Friday 5:30am-9pm
Saturdays & Sundays 8am-7pm

10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration
cards are non-refundable

Fitness & Pilates Class Instructors

