

Monday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Form	Clayton	85 min	All	Chakras
9:30 am		Prana Yoga Flow	Maricarmen	75 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
Noon		Dynamic Yoga Flow COMMUNITY CLASS	Clayton	75 min	All	Lotus
4:45 pm		Beginner Yoga COMMUNITY CLASS	Dido	65 min	BEG	Lotus
5:45 pm		NEW! Focus on Form	Malisa	75 min	All	Chakras
6:00 pm		Anusara Inspired™	Hannah	85 min	2-4	Lotus

EXPERIENCE LEVELS ARE: **All**=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

COMMUNITY CLASS specially priced at \$7 per, these offer another economical way to stay fit! FREE for our members.

FREE to MEMBERS classes are included in Premier level memberships. Go VIP and get the entire list included

Tuesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Grace	Mandy	85 min	All	Chakras
9:30 am		Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
11:30 am		NEW! Intro to Ashtanga COMMUNITY CLASS	Jenny	55 min	All	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
4:30 pm		NEW! Eclectic Yoga Flow	Clayton	75 min	2-4	Chakras
5:20 pm		Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
5:45 pm		NEW! The Ashtanga Workshop	Selena	75 min	2-4	Lotus
6:00 pm		Vinyasa Yoga *try it after Easy Spyn!	Gioconda	75 min	2-3	Chakras

Your practice should be in tune with your level of fitness: listen to your body!

Wednesday

			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Form	Christina	85 min	All	Chakras
9:30 am		Prana Yoga Flow	Maricarmen	75 min	2-3	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
Noon		Yoga Wall COMMUNITY CLASS	Clayton	75 min	All	Lotus
4:45 pm		Beginner Yoga COMMUNITY CLASS	Dido	65 min	BEG	Lotus
5:45 pm		NEW! Focus on Form	Malisa	75 min	All	Chakras
6:00 pm		Anusara® Yoga	Christina	90 min	2-4	Lotus
7:15 pm		Meditation ALWAYS FREE	Bob	55 min	All	Chakras

Thursday


			Instructor	Length	Level	Studio
6:00 am	E/S	Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Focus on Grace	Mandy	85 min	All	Chakras
9:30 am		Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
11:30 am		NEW! Intro to Ashtanga COMMUNITY CLASS	Jenny	55 min	All	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
4:30 pm		NEW! Eclectic Yoga Flow	Clayton	75 min	2-4	Chakras
5:20 pm		Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
5:45 pm		NEW! The Ashtanga Workshop	Selena	75 min	2-4	Lotus
6:00 pm		Vinyasa Yoga *try it after Easy Spyn!	Gioconda	75 min	2-3	Chakras

E/S = English, with Spanish upon request. En Inglés y Español

Friday

			Instructor	Length	Level	Studio
6:00 am		Ashtanga Mysore Style	Juan	120 min	All	Chakras
9:30 am		Vinyasa Yoga COMMUNITY CLASS	Jenn	85 min	2-3	Lotus
9:30 am		Focus on Form	Brigitte	85 min	All	Chakras
Noon	E/S	Ashtanga Yoga Led Primary Series	Juan	90 min	2-4	Chakras
4:30 pm		Yoga Happy Hour (and a 1/2)	Hannah	85 min	2-4	Chakras
4:45 pm		Yoga Wall COMMUNITY CLASS	Dido	65 min	All	Lotus
7:30 pm		Meditation Practice ALWAYS FREE	Bob	55 min	All	Chakras

Class Type Color Chart (does not indicate difficulty)

 Moderate Pace	 Flowing Pace	 Ashtanga Yoga	 Meditation
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All=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

Weekend

			Instructor	Length	Level	Studio
SAT	9:00 am	Beginner Yoga COMMUNITY CLASS	Jenny	65 min	BEG	Chakras
	9:30 am	Anusara Inspired™ COMMUNITY CLASS	Mark	65 min	BEG	Lotus
	10:30 am	Yin Yoga	Dido	75 min	All	Chakras
	10:45 am	Vinyasa Yoga	Malisa	75 min	All	Lotus
	Noon	Anusara Inspired™	Hannah	85 min	2-4	Chakras
SUN	8:00 am	E/S Ashtanga Mysore Style	Juan	120 min	All	Chakras
	10:00 am	NEW TIME! Focus on Form	Malisa	75 min	1-2	Lotus
	10:00 am	Anusara Inspired™	Mark	85 min	2-4	Chakras
	11:15 am	Beginner Yoga	Malisa	55 min	BEG	Lotus
	4:00 pm	Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
	5:30 pm	Relaxation Yoga COMMUNITY CLASS	Dido	75 min	All	Chakras

and 15 classes FREE for Premier members

\$7 a class

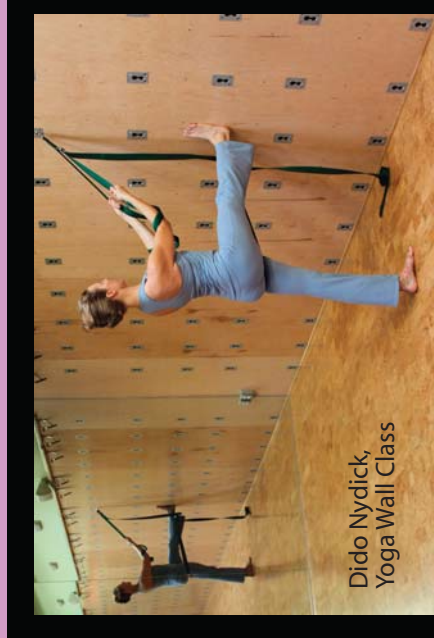
13 COMMUNITY CLASSES

NEW

Voted 2008, 2009, & 2010 "READER'S CHOICE"
for Best Gym in Austin Fit Magazine

March 1, 2010 - May 31, 2010

SPRING 2010 Class Schedule



Dido Nydick,
Yoga Wall Class

YOGA

Class Descriptions

NOTES on Ashtanga: No Practice on Saturdays, Full Moon, and New Moon according to the Ashtanga Mysore tradition: The no practice dates are: Mon 3/15, Tue 3/29, Wed 4/14, Wed 4/28, Thur 5/13, Thur 5/27

Ashtanga Mysore Style - Juan, Selena In morning classes beginners arrive at 6:30am, adjustments begin at 6:30am. The Mysore style engages students in a self-paced, individualized practice in a group setting. This class format allows each student to receive private instruction from the teacher, & enables students of all levels to progress at a pace that is right for them. Students at any level including those with injuries & are new to yoga are encouraged to join us in this unique method of yoga practice. All levels

Ashtanga Yoga Led Primary Series - Juan
This led class will take participants through the Primary Series of Ashtanga Vinyasa Yoga. Levels 2-4.

NEW! Intro to Ashtanga - Jenny
The perfect gateway into our other Ashtanga & Mysore style classes, this class presents basic elements of the Ashtanga tradition in a friendly & welcoming environment. Open the body and focus the mind with movement and breath, while deepening your knowledge of the Ashtanga system. All levels

NEW! The Ashtanga Workshop - Selena
Explore & refine your Ashtanga practice in a creative environment. The Ashtanga method combines breathing technique, core activation, & focused gaze to create a vigorous & flowing practice. Please be injury-free for two months and open to receive hands-on adjustments. 2-4

Anusara® Yoga - Christina
Anusara Yoga is a unique blend of hatha yoga which meshes biomechanical principles of alignment with a celebration of the heart and spirit. This class will emphasize backbends, arm balances, standing poses, forward bends & twists in creative sequences to help students deepen their practice & understanding. Levels 2-4

Anusara-Inspired Yoga™ - Hannah, Mark
See description of Anusara Yoga above. Due to the training required by Anusara to become Anusara-Inspired, you may expect a quality yoga class inspired by Anusara principles and ethics. Levels 2-4 **Also try the All Levels, Anusara-Inspired™ classes Focus on Grace with Mandy, Tu/Th at 9:30am!*

Anusara-Inspired Yoga™ - Beginner Level Mark
This class introduces the principles and the life-affirming philosophy of Anusara Yoga. This class is perfect for beginners, students curious about Anusara, anyone with therapeutic needs and those who already have a working knowledge of Anusara but want an in-depth study of the method. Level BEG

Beginner Yoga - Dido, Malisa, Jenny
For newcomers & those with injuries, this class focuses on basic postures with emphasis on proper alignment & form. Level BEG

Dynamic Yoga Flow - Clayton
This class will take you through a variety of flowing sequences to help you experience a greater understanding of your range of movement. We will also feature other forms of yoga to meet a wide range of interests, abilities, and skill. All levels

NEW! Eclectic Yoga Flow - Clayton
In this flowing paced class, Clayton delivers his unique blend of vinyasas, while also holding asanas for extended periods. An expert in martial arts, bodywork and massage, Clayton applies his understanding of the human body to deliver therapeutic results: increased strength, flexibility, and relaxation. Levels 2-4

Focus on Form - Clayton, Christina, Brigitte, Malisa
This class uses a variety of therapeutic sequences & relaxation techniques. Sequences may focus on specific injury healing & prevention, relieving physical stress & toxicity in the organs, glands, & muscles. Our yoga walls may be used as creative elements in the sequences. Become more empowered with your own health & practice. All levels

Focus on Grace - Mandy
This Anusara-Inspired™ class will take students through basic & intermediate level asanas in a supportive, dynamic, & playful environment. Each meeting will weave yogic intention & biomechanical cues to empower students to gracefully achieve a deeper practice. All levels

Meditation - Bob
Meditation frees us from the obsession of our "small selves" & reconnects us with who we really are. Consistent practice exposes negative thinking, obsessions, & our separation between each other. Once we recognize these habitual patterns, they cease to control us – freeing our unqualified absolute nature. All practices are welcome. For those with specific questions about meditation practice, there will be a Q & A period at the end of class.

Prana Yoga Flow - Maricarmen
Prana Yoga Flow is an energizing and challenging Vinyasa flow class that expands into deeper yogic principles and postures. The class introduces more challenging inversions, arm balances, jump backs, pranayama and meditation. A foundational understanding of asanas & yoga philosophy is recommended. Levels 2-3

Relaxation Yoga - Dido
This class will flow like a moving meditation with periods of stillness and silence intertwined with slow movement and breath. This moderately paced class caters to anyone wanting to take a meaningful break from a more strenuous practice. All levels

Vinyasa Yoga - Malisa, Gioconda, Jenn
Vinyasa Yoga is an evolving form of traditional Hatha yoga that focuses on integrating breath and movement, awareness and alignment, strength and flexibility. Through flowing sequences, students will enjoy a dynamic and energetic setting. Levels All/1-2 (M), 2-3 (G)

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

Yin Yoga - Dido
The Yin practice is based on the meridian theory that long holding of positions stimulates the flow of chi (prana) and thereby develops and maintains the flexibility of muscles, joints, tendons, ligaments, fascia and energizes the vital organs. The Yin practice is suitable for healing injuries and resting after vigorous exercise. All levels

MORE CLASSES! Yoga Wall - Dido, Clayton
An amazing prop for everyone, the Yoga Wall allows students to interact with gravity and with their bodies in new and different ways. We will experience a complete practice using the wall from warm-up poses to static asanas and vinyasas. All Levels

Yoga Happy Hour (and a 1/2) - Hannah
What better way to finish off your week than with a strong 85 minute yoga practice? This is a light-hearted, full-spectrum class. Pairs nicely with whatever kind of week you've had! Levels 2-4

Prices

Short Term	\$129/mo	\$387 3 months	Walk-In	\$16	\$132	\$220	\$149	includes full gym use!!	10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration cards are non-refundable

Unlimited Membership

Single Class

10 Class Card

20 Class Card

31 Day Unlimited

NEW \$7 a class

Community Classes
Tell your friends! These classes are a budget friendly way to enjoy classes at Castle Hill Fitness. Community Classes are free to Castle Hill members

Class Instructors

Jenn	Juan	Malisa	Mandy	Maricarmen	Selena	Brigitte
Clayton	Mark	Hannah	Dido	Jenny	Gioconda	Christina