

## 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		<b>Dynamic Yoga Flow COMMUNITY CLASS</b>	Clayton	75 min	All	Lotus
4:45 pm		<b>Beginner Yoga COMMUNITY CLASS</b>	Dido	65 min	BEG	Lotus
5:45 pm		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		<b>NEW!</b> Anusara-Inspired™	Mandy	75 min	1-2	Chakras
9:30 am		Vinyasa Yoga	Gioconda	85 min	2-3	Lotus
11:30 am		<b>Intro to Ashtanga COMMUNITY CLASS</b>	Jenny	55 min	All	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
4:30 pm		<b>NEW!</b> Flow + Form	Sam	75 min	2-3	Chakras
5:20 pm		<b>Easy Spyn FREE to MEMBERS</b>	Celeste	30 min	BEG	Multisport
5:45 pm		<b>NEW!</b> Ashtanga Yoga Led 1/2 Primary Series	Selena	75 min	All	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		<b>Yoga Wall COMMUNITY CLASS</b>	Clayton	75 min	All	Lotus
4:45 pm		<b>Beginner Yoga COMMUNITY CLASS</b>	Dido	65 min	BEG	Lotus
5:45 pm		Focus on Form	Malisa	75 min	All	Chakras
6:00 pm		Anusara® Yoga	Christina	90 min	2-4	Lotus
7:15 pm		<b>Meditation ALWAYS FREE</b>	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		<b>NEW!</b> Anusara-Inspired™	Mandy	75 min	1-2	Chakras
9:30 am		<b>NEW TEACHER!</b> Vinyasa Yoga	Sam	85 min	2-3	Lotus
11:30 am		<b>Intro to Ashtanga COMMUNITY CLASS</b>	Jenny	55 min	All	Lotus
Noon		Ashtanga Mysore Style	Selena	90 min	All	Chakras
4:30 pm		<b>NEW!</b> Anusara® Yoga	Christina	75 min	3-4	Chakras
5:20 pm		<b>Easy Spyn FREE to MEMBERS</b>	Celeste	30 min	BEG	Multisport
5:45 pm		<b>NEW!</b> Ashtanga Yoga Led 1/2 Primary Series	Selena	75 min	All	Lotus
6:00 pm		<b>NEW!</b> Anusara® Yoga	Christina	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		<b>Vinyasa Yoga COMMUNITY CLASS</b>	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		<b>NEW!</b> Anusara-Inspired™ Practice	Hannah	85 min	All	Chakras
4:45 pm		<b>Yoga Wall COMMUNITY CLASS</b>	Dido	65 min	All	Lotus
7:30 pm		<b>Meditation Practice ALWAYS FREE</b>	Bob	55 min	All	Chakras

### Class Type Color Chart (does not indicate difficulty)

<span style="display: inline-block; width: 20px; height: 10px; background-color: #ADD8E6; border: 1px solid black;"></span> Moderate Pace	<span style="display: inline-block; width: 20px; height: 10px; background-color: #FFD700; border: 1px solid black;"></span> Flowing Pace	<span style="display: inline-block; width: 20px; height: 10px; background-color: #6A5ACD; border: 1px solid black;"></span> Ashtanga Yoga	<span style="display: inline-block; width: 20px; height: 10px; background-color: #90EE90; border: 1px solid black;"></span> Meditation
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**All**=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

## Weekend

			Instructor	Length	Level	Studio
S A T	9:00 am	<b>Beginner Yoga COMMUNITY CLASS</b>	Jenny	65 min	BEG	Chakras
	9:30 am	<b>Anusara-Inspired™ COMMUNITY CLASS</b>	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
S U N	8:00 am	E/S Ashtanga Mysore Style	Juan	120 min	All	Chakras
	10:00 am	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	<b>Relaxation Yoga COMMUNITY CLASS</b>	Dido	75 min	All	Chakras

and 15 classes FREE for Premier members

\$7 a class

13 COMMUNITY CLASSES

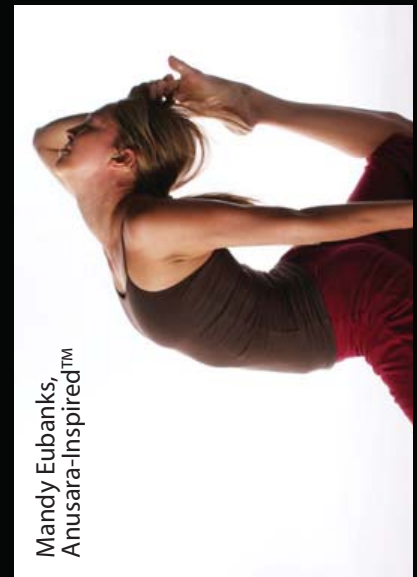
HOT

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

June 1st-August 31st, 2010

# SUMMER 2010 Class Schedule

YOGA



Mandy Eubanks,  
Anusara-Inspired™

## 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: Fri 6/11, Fri 6/25, Sun 7/11, Mon 7/26, Tue 8/10, Tue 8/24**

**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! Ashtanga Yoga Led 1/2 Primary Series - Selena**  
Participants will be led through half of Primary Series of Ashtanga Vinyasa yoga right up to Navasana. Such format will allow students new to Ashtanga to be comfortably introduced to the Primary Series, while affording more experienced students the opportunity to refine their practice. All levels welcome but participants must be injury free, as this is a vigorous practice.

**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

**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

**MORE CLASSES! Anusara-Inspired Yoga™ - Hannah, Mark, Mandy**  
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. *Mandy's TU/TH class is appropriate for beginners and ongoing students alike.* Level 1-2 (Mandy) Levels 2-4 (H/M)

**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

**NEW! Anusara-Inspired™ Practice - Hannah**  
This class is a playful and fun way to end your week. It incorporates Anusara's Universal Principles of Alignment into a casual atmosphere where the teacher practices along with the class. Come prepared to apply what you have learned in your Anusara classes, make new discoveries, unwind, and celebrate life through practice. All levels

**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

*psst!* **Want Iyengar? Look here!** Sam's new class, Flow + Form, is the perfect balance of Iyengar foundations and Anusara influence. Come feel the flow Tuesdays at 4:30pm!

**NEW! Flow + Form - Sam**  
In this flowing-paced, Iyengar-based class, students will learn how to use alignment to achieve a safer, deeper, more empowering practice. Level 2-3

**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

**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, Sam**  
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/J/S)

**Easy Spyn - Celeste**. This 30 minute light-hearted, gentle indoor cycling class is back by popular demand. Goes great before Tu/Th 6pm Yoga Practice. 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

**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

Prices	Best Value! Unlimited Membership		Single Class	10 Class Card	20 Class Card	31 Day Unlimited	includes full gym use!!	10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration cards are non-refundable
	Short Term	Year Term	Walk-In	Premier Members				
	\$129/mo	\$387 3 months	\$16	\$132	\$220	\$149	just \$7	<b>Community Classes</b> 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
	\$112/mo	\$1232 12 months	\$8	\$66	\$110			

## Class Instructors

