

Monday

		Instructor	Length	Level	Classroom
6:30 am	Morning Open Self Practice - FREE for MEMBERS		120 min	All	Chakras
9:30 am	Focus on Form	Karlie	75 min	1-2	Chakras
9:45 am	Shakti Flow	Maricarmen	75 min	2-3	Lotus
Noon	NEW Ashtanga Vinyasa	Rhonda	75 min	2-3	The Studio
Noon	Hatha Flow COMMUNITY CLASS	Bea	60 min	All	Lotus
4:45 pm	Beginner Yoga COMMUNITY CLASS	Dido	65 min	BEG	Lotus
6:00 pm	NEW Expanding the Edge	Sam	85 min	2-3	Lotus
6:15 pm	Ashtanga Mysore Style 🌙	Jenny* (Steven) NEW	90 min	1-4	Chakras

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

COMMUNITY CLASSES are specially priced at \$7 per, and offer an economical way to stay fit!

Classes listed as **ALWAYS FREE** are just that! FREE to ANYONE ALWAYS

Tuesday

		Instructor	Length	Level	Classroom
6:30 am	Morning Open Self Practice - FREE for MEMBERS		120 min	All	Chakras
9:30 am	Focus on Form	Anne	85 min	2-3	Chakras
9:30 am	Vinyasa Yoga	Matt	60 min	2-3	Lotus
11:30 am	Intro to Ashtanga COMMUNITY CLASS	Jenny* (Sharon)	65 min	All	Lotus
Noon	Ashtanga Mysore Style 🌙 NEW	Rhonda	90 min	1-4	The Studio
Noon	NEW Power Yoga	Dido	60 min	1-3	Chakras
5:00 pm	Iyengar Yoga COMMUNITY CLASS	Gillian	55 min	All	Lotus
6:00 pm	Vinyasa Yoga	Gioconda	75 min	2-3	Chakras
6:15 pm	Ashtanga Yoga Led Primary Series	Matt	90 min	2-4	Lotus

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

Wednesday

		Instructor	Length	Level	Classroom
6:30 am	Morning Open Self Practice - FREE for MEMBERS		120 min	All	Chakras
9:30 am	Anusara-Inspired™	Kim	85 min	All	Chakras
9:45 am	Shakti Flow	Maricarmen	85 min	2-3	Lotus
Noon	NEW Ashtanga Vinyasa	Rhonda	75 min	2-3	The Studio
Noon	Hatha Flow COMMUNITY CLASS	Bea	60 min	All	Chakras
4:45 pm	Beginner Yoga COMMUNITY CLASS	Dido	65 min	BEG	Lotus
6:00 pm	Vinyasa Yoga	Matt	75 min	2-3	Lotus
6:00 pm	NEW Expanding the Edge	Sam	85 min	3-4	The Studio
6:15 pm	Ashtanga Mysore Style 🌙	Jenny* (Steven) NEW	90 min	1-4	Chakras

Follow the moon Classes denoted with this symbol don't meet on some moon days. See back for the dates.

Thursday

		Instructor	Length	Level	Classroom
6:30 am	Morning Open Self Practice - FREE for MEMBERS		120 min	All	Chakras
9:30 am	Anusara® Yoga NEW	Charly P.	85 min	2-3	Chakras
9:30 am	Vinyasa Yoga	Matt	60 min	2-3	Lotus
11:30 am	Intro to Ashtanga COMMUNITY CLASS	Jenny* (Sharon)	65 min	All	Lotus
Noon	Ashtanga Mysore Style 🌙 NEW	Rhonda/Steven	90 min	All	The Studio
5:00 pm	Iyengar Yoga COMMUNITY CLASS	Gillian	55 min	All	Lotus
6:00 pm	Vinyasa Yoga	Gioconda	75 min	2-3	Chakras
6:15 pm	Ashtanga Yoga Led Primary Series	Matt	90 min	2-4	Lotus

Where's Jenny Wicke? Jenny is in India deepening her yogic studies. She will return to her regular (*) classes on Feb. 2nd, but we invite you to check out her subs too!

look!

Voted for Best Yoga Class in L.A.! Check out Kimberly Wharton's Friday flow class. A great start to your weekend.

Friday

		Instructor	Length	Level	Classroom
6:30 am	Morning Open Self Practice - FREE for MEMBERS		120 min	All	Chakras
9:30 am	NEW Vinyasa Yoga FREE thru JUNE 30th!	Kimberly	75 min	1-2	Lotus
9:30 am	Focus on Form NEW	Brigitte	85 min	All	Chakras
Noon	Ashtanga Yoga Led Primary Series	Sharon	90 min	2-4	The Studio
4:30 pm	Anusara-Inspired™	Kim	75 min	All	Chakras
4:45 pm	NEW Power Yoga	Dido	60 min	1-3	Lotus
7:30 pm	Meditation Practice ALWAYS FREE	Bob	55 min	All	Chakras

Class Type Color Chart

 Form Class	 Meditation	 Ashtanga	 Anusara®/Anusara-Inspired™	 Flow Class
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All=All levels **BEG**=Beginner **1**=novice **2**=intermediate **3**=advanced **4**=expert

SAT	9:00 am	Beginner Yoga COMMUNITY CLASS	Jenny* (Dido)	65 min	BEG	Chakras
	9:00 am	Vinyasa Yoga	Matt	75 min	2-4	Lotus
	10:30 am	Yin Yoga Deep Stretch COMMUNITY CLASS	Dido	80 min	All	Chakras
	10:45 am	Vinyasa Yoga	Paula	75 min	All	Lotus
	Noon	Anusara-Inspired™	Kim	85 min	2-3	Chakras
	12:15 pm	Yoga Wall COMMUNITY CLASS	Dido	55 min	All	Lotus
	1:30 pm	NEW Advanced Ashtanga Vinyasa	Steven	90 min	2-4	Lotus
SUN	8:30 am	Ashtanga Mysore Style COMMUNITY CLASS 🌙	Jenny* (Tracy)	90 min	All	Chakras
	10:00 am	Vinyasa Yoga COMMUNITY CLASS	Jenny* (Malia) NEW	75 min	All	Lotus
	10:30 am	Anusara-Inspired™ COMMUNITY CLASS	Kellie	75 min	All	Chakras
	11:30 am	Beginner Yoga	Paula	55 min	BEG	Lotus
	4:00 pm	Vinyasa Yoga	Gioconda/Maricarmen	85 min	2-3	Lotus
	5:30 pm	Restorative Yoga COMMUNITY CLASS	Dido	80 min	All	Chakras

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

Class Schedule

January - June 2012



Kim Schaefer Anusara-Inspired™ Yoga

Class Descriptions

NOTES on Ashtanga Mysore classes that displays the ☾ symbol: No practice on full moon and new moon days according to the Ashtanga tradition. The no practice dates are: Jan 8, Jan 22, Feb 7, Feb 21, Mar 8, Mar 22, Apr 6, Apr 21, May 5, May 20, Jun 4, Jun 19.

NEW TEACHERS! Ashtanga Mysore Style - Jenny, Rhonda, Steven, Tracy
Mysore style engages students in a self-paced, individualized practice in a group setting. This class format allows for each student to move at their own pace and to receive adjustments from the teachers. Students should have a knowledge of the Ashtanga Vinyasa sun salutation sequence. This class is not appropriate for those new to yoga. Level 1-4

NEW! Advanced Ashtanga Vinyasa - Steven
Building upon a basic understanding of the Ashtanga Vinyasa system, this intermediate to advanced class for those wanting a more intense practice. Go deeper into the postures! Expect to sweat and have fun! Practitioners should be comfortable in headstand, shoulder stand, and full backbend as they will be included. Level 2-4

NEW! Ashtanga Vinyasa - Rhonda
Rooted in the Ashtanga tradition, this is an improv class that explores poses from the First, Second, and Third series. This is the perfect mid day class to work up a sweat and calm the busy mind! Level 2-3

Ashtanga Yoga Led Primary Series - Matt, Sharon
Ashtanga comprises 6 asana sequences called Series. The Primary Series includes sun salutations, standing poses, seated poses, inversions, and backbends before relaxation and is always taught in the same order. Participants should be injury free, as this is a vigorous practice. Levels 2-4.

Intro to Ashtanga - Jenny, Sharon
The place to start in Ashtanga, this class presents the beginning sequence of the Ashtanga tradition in a friendly & welcoming environment. Ashtanga is a vigorous practice aligning movement and the breath. Open the body and focus the mind with Ashtanga! All levels

NEW TEACHER! Anusara® Yoga - Charly P.
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 2-3.

Anusara-Inspired™ - Kim, Kellie
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 2-3/All levels (Kim), All levels, (Kellie)

NEW! Expanding the Edge - Sam
This class is designed for students who have already gained knowledge and experience in basic postures and want to explore more variety! Come ready to work and play! Wednesday night pushes you further to the edge. Students must be able to kick up to handstand at the wall unassisted, hold headstand with good form, and push up to full wheel pose unassisted. Mon - Level 2-3, Wed - Level 3-4

NEW TEACHERS! Focus on Form - Anne, Brigitte, Karlie
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. Become more empowered with your own health & practice. All levels

Hatha Flow - Bea
This class synchronizes breath and movement and uses alignment principles to take your practice deeper. Bea will take you through a variety of beautifully flowing sequences, so expect to move continuously for about ¾ of the class and to build heat in the body. All levels.

NEW! Power Yoga - Dido
This is a vigorous class building endurance and strengthening of the whole body with Vinyasa flow and balancing poses. Levels 1-3

Shakti Flow - Maricarmen
A full spectrum, in-depth Vinyasa flow practice that encourages and challenges each student to dive deep, let go, explore, and soar! Using creative and classic asana sequencing to inspire transformation on the yoga mat and in life. Infused with spirit and music. The Wed. class is 75 min. long with the option for students to enjoy an extra 10 min. of self-practice. Levels 2-3

Vinyasa Yoga - Paula, Gioconda, Matt, Jenny, Kimberly, Malia, Maricarmen
Vinyasa 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. All Levels (P/J/K/M), 2-3 (G/Maricarmen/Matt), 2-4 (Matt)

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

Iyengar Yoga - Gillian
Iyengar yoga is a classic method that emphasizes precision in alignment, finding balance between strength & flexibility with the use of props, and developing a conscious mind and breath through practice. All levels

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

Yin Yoga Deep Stretch - Dido
A long, relaxed stretch practice of the connective tissue with an emphasis on the spine, hips and legs. The practice promotes joint mobility, de-stressing, pain management and a calm mind. Suitable for yogis and athletes alike. All levels

Yoga Wall - Dido
An amazing prop for everyone, the Yoga Wall is a therapeutic yoga practice which uses straps & harnesses to create ease & stability in your poses. The class includes seated, standing and inverted postures with an emphasis placed on lengthening the spine for a well-aligned and healthy body.

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, Q & A at the end.

Morning Open Self Practice - FREE for MEMBERS
Practice alongside fellow early birds in our morning self practice. The Chakras studio opens for 2 hours in the morning for quiet self practice. No instructor is present. Members have free access and can arrive at any time, but be mindful of others practicing. For non-member access purchase a day use pass.

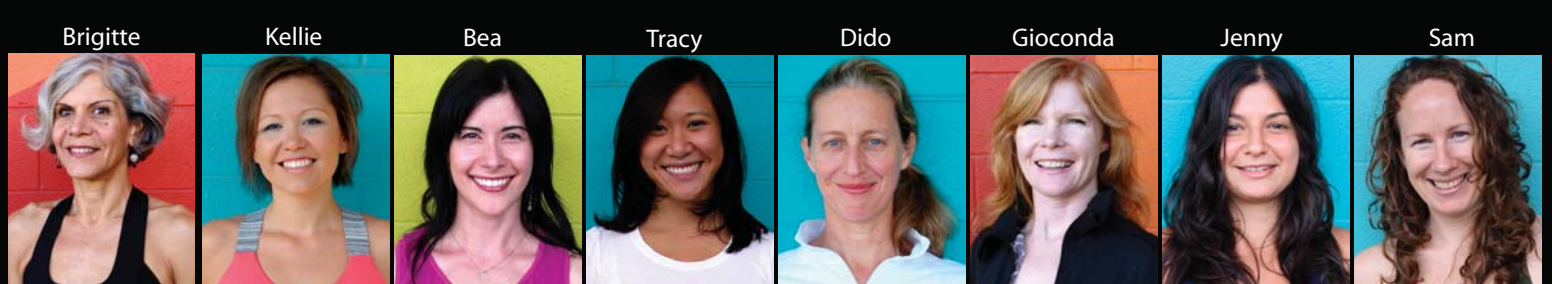
Prices

Best Value	Unlimited Membership	
	Short Term	Year Term
	\$129/mo + tax	\$112/mo + tax
	\$387 3 months	\$1232 12 months

	Single Class	10 Class Card	20 Class Card	1 week Unlimited	31 Day Unlimited	includes full gym use!!
Walk-In	\$16	\$132	\$220	\$50	\$149	
Premier Members	\$6	plus 6 free classes/mo see price list for monthly rates				

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

Class Instructors



Community Classes
just \$7
Tell your friends! These classes are a budget friendly way to enjoy classes at Castle Hill Fitness. Castle Hill members - just \$6 per class