

MONDAY

7:00–7:55AM	Indoor Cycling TBA • All Levels • Multisport Room L
9:30–10:30AM	Alignment/Iyengar Yoga Gillian • All Levels • Lotus Room L
10:00–10:55AM	Cardio Carve Chad • Levels 2-3 • Multisport Room H
10:00–11:15AM	Inspired Shakti™ Flow Yoga Maricarmen • Levels 2-3 • The Studio (heated class)
noon–12:55PM	Treadmill HIIT Robert • Levels 2-3 • Martial Arts Room H
12:15–1:00PM	Body Sculpt Amid • All Levels • Multisport Room L
1:00–1:55PM	Middle Flow Pilates Deborah • Levels 2-3 • Pilates Studio L
5:30–6:15PM	Yoga Tone Collette • All Levels • Lotus Room (heated class) L
6:00–6:55PM	Indoor Cycling Kevin • All Levels • Multisport Room L
6:00–6:55PM	Next Level Pilates Lindsay • Levels 3-4 • Pilates Studio L
6:15–7:00PM	Tabata Remix Amid • Levels 2-3 • The Studio H
6:30–7:30PM	Vinyasa Flow Yoga Collette • All Levels • Lotus Room L
7:15–8:15PM	Gentle Yoga Deep Stretch* Jenn • All Levels • Chakras Room L

TUESDAY

6:00–6:45AM	Body Sculpt Amid • All Levels • Lotus Room L
6:30–8:00AM	Ashtanga Mysore Yoga** Juan • Mixed Levels • Chakras Room L
7:00–7:45AM	Cardio Kickbox Amid • Levels 2-3 • Martial Arts Room H
7:00–7:45AM	Cycle Barre Hilary • All Levels • Multisport Room L

9:45–11:10AM	Focus on Form Yoga Anne • Levels 2-3 • Chakras Room L
10:00–10:55AM	Castle Barre Hilary • All Levels • Lotus Room L
noon–12:55PM	Intermediate Pilates Equipment Desi • Levels 2-3 • Pilates Studio L
noon–1:00PM	Slow Flow Yoga* Ashley • All Levels • Chakras Room (heated class) L
▶ noon–12:55PM	Upper Body Circuit Robert • Levels 2-3 • Multisport Room H
12:15–1:00PM	Target Toning Express Hilary • All Levels • Lotus Room L
▶ 5:30–6:15PM	HIIT Circuit Chad • Levels 2-3 • The Studio H
5:30–6:30PM	Yoga Wall Anna • All Levels • Lotus Room L
6:00–6:55PM	Cardio Pilates Circuit Stephanie • All Levels • Pilates Studio L
6:00–6:55PM	Target Toning Melissa • All Levels • Multisport Room L
6:30–7:25PM	Castle Strength Chad • All Levels • The Studio L
6:45–7:50PM	Alignment/Iyengar Yoga Gillian • All Levels • Lotus Room L

WEDNESDAY

6:15–6:45AM	Circuit Training Express Hilary • All Levels • Multisport Room H
7:00–7:55AM	Indoor Cycling Laura • All Levels • Multisport Room L
7:00–7:45AM	Target Toning Express Hilary • All Levels • Lotus Room L
9:00–9:45AM	Sweaty Weights & Stretch Hilary • All Levels • Lotus Room (heated class) L
10:00–10:55AM	Cycle + Strength Melissa • All Levels • Multisport Room L
10:00–11:15AM	Inspired Shakti™ Flow Yoga Maricarmen • Levels 2-3 • The Studio (heated class)
▶ 11:30AM–noon	Abs + Arms Hilary • All Levels • Multisport Room L

noon–12:55PM	Cardio Kickbox Robert • Levels 2-3 • Martial Arts Room H
noon–12:55PM	Middle Flow Pilates Deborah • Levels 2-3 • Pilates Studio L
▶ noon–1:00PM	Vinyasa Flow Yoga Mandie • All Levels • Chakras L
12:15–1:00PM	Cycle Barre Hilary • All Levels • Multisport Room L
▶ 5:15–6:00PM	SWEAT Amid • Levels 2-3 • The Studio (heated class) H
6:00–6:45PM	Indoor Cycling Kat • All Levels • Multisport Room L
▶ 6:15–7:00PM	Tabata Remix Amid • Levels 2-3 • The Studio H
▶ 6:30–7:45PM	Vinyasa Flow Yoga Jenn • Levels 2-3 • Lotus Room L

THURSDAY

6:00–6:45AM	Body Sculpt Amid • All Levels • Lotus Room L
6:30–8:00AM	Ashtanga Mysore Yoga** Juan • Mixed Levels • Chakras Room L
▶ 7:00–7:30AM	Cardio Sculpt Amid • All Levels • The Studio H
7:00–7:45AM	Cycle Barre Hilary • All Levels • Multisport Room L
9:30–10:55AM	Progressive Hatha Yoga Charly • Mixed Levels • Chakras Room L
10:00–10:55AM	Castle Barre Hilary • All Levels • Lotus Room L
noon–12:55PM	Intermediate Pilates Equipment Lindsay • Levels 2-3 • Pilates Studio L
noon–1:00PM	Slow Flow Yoga* Ashley • All Levels • Chakras Room (heated class) L
▶ noon–12:55PM	Upper Body Circuit Robert • Levels 2-3 • Multisport Room H
12:15–1:00PM	Target Toning Express Hilary • All Levels • Lotus Room L
5:00–5:55PM	Powerful Pilates 2.0 Sara • All Levels • Pilates Studio L

▶ 5:30–6:15PM	Castle Strength Express Chad • All Levels • The Studio L
▶ 6:15–7:15PM	Alignment Yoga Mandie • All Levels • Lotus Room L
6:30–7:25PM	Ultimate HIIT Chad • Levels 2-3 • The Studio H

FRIDAY

▶ 6:30–7:15AM	Strength Circuit Keith • Levels 2-3 • The Studio H
10:00–11:15AM	Focus on Form Yoga Anne • Levels 2-3 • Chakras Room L
10:00–10:55AM	Plyo Burn Amid • Levels 2-3 • Multisport Room H
noon–12:55PM	Treadmill HIIT Robert • Levels 2-3 • Martial Arts Room H
noon–1:00PM	Vinyasa Flow Yoga Ben • Levels 1-2 • Chakras Room L
▶ 12:15–1:00PM	Body Sculpt Amid • All Levels • Multisport Room L
1:00–1:55PM	Fast Track Beginner Pilates Deborah • Beginner • Pilates Studio L
▶ 5:00–5:55PM	Primo Pilates Mandie • Levels 3-4 • Pilates Studio L
5:30–6:30PM	Happy Hour Yoga Collette • All Levels • Lotus Room L

SATURDAY

8:45–9:45AM	Indoor Cycling Andrea • All Levels • Multisport Room L
9:00–9:55AM	Beginner Pilates Equipment Sara • Beginner • Pilates Studio L
9:00–10:05AM	Yoga Basics* Anna • Beginner • Chakras Room L
9:30–10:30AM	Vinyasa Flow Yoga Jenn • Levels 1-2 • Lotus Room L
10:00–10:55AM	Powerful Pilates Sara • Levels 1-3 • Pilates Studio L

10:00–10:55AM	Target Toning Hilary • All Levels • Multisport Room L
10:30–11:50AM	Yin Yoga Deep Stretch* Kate • All Levels • Chakras Room L
▶ 11:00–11:55AM	Circuit Training + Abs Hilary • Levels 2-3 • Multisport Room H
11:00AM–12:15PM	Slow Flow Yoga Tracey • All Levels • Lotus Room (heated class) L
noon–1:25PM	Realign & Shine Yoga Kim • Levels 2-3 • Chakras Room L
12:15–1:00PM	Cycle Barre Hilary • All Levels • Multisport Room L

SUNDAY

▶ 8:30–10:00AM	Ashtanga Mysore Yoga** Juan • Mixed Levels • Chakras Room L
10:00–10:55AM	Castle Strength Chad • All Levels • Multisport Room L
▶ 10:15–11:30AM	Pranaja Yoga* Anna • All Levels • Chakras Room L
▶ 11:15AM–12:10PM	Ultimate HIIT Chad • Levels 2-3 • Multisport Room H
5:30–6:50PM	Restorative Yoga* Kori • All Levels • Chakras Room L

*Community class included in Membership. \$10 per class for non-members, or \$8 per class with a 10-class card.

**No Ashtanga practice on new or full moon days: Jul 23, Oct 5, Oct 19, Dec 3

▶ New/updated class!

H High Impact
L Low Impact

See website for the most up to date schedule
Classes subject to cancellation if attendance is below 8.

All Levels: appropriate for most; can modify
Beginner: appropriate for all Level 1: novice
Level 2: intermediate
Level 3: advanced

Fitness
Pilates
Yoga

PRICING

CLASS PASSES

One class.....	\$20
5 class card.....	\$75 (expires in 6 months)
10 class card.....	\$140 (expires in 6 months)
20 class card.....	\$240 (expires in 12 months)
1 week unlimited.....	\$50
31 day unlimited.....	\$169

MEMBERSHIPS

Premier Level.....	\$79–\$159/mo (includes 6 classes. \$8/class after that, or \$70 for a 10-pack)
VIP Level.....	\$129–\$224/mo all classes included (± 10% off workshops & series)
Student.....	\$69–\$112/mo varying class inclusive offers
Ask our concierge about Small Business memberships!	
ALL MEMBERS GET 8 PASSES PER YEAR TO SHARE!	

COMMUNITY CLASSES

One class.....	\$10
10 class card.....	\$80 (\$8 per class)



\$25 OFF Enrollment Fee -or- 10% OFF Class Card Purchase



A GEM OF A GYM!

You already know that your local, neighborhood gym offers amazing fitness, yoga and Pilates classes. (We were voted 3rd best Pilates studio in Austin after all!) But wait, there's more! Literally, there's more space. Since our remodel, you have over 20,000 square feet of gym in which to work out and recover. Recover how? You can soothe your muscles in our sauna or make an appointment in our spa with one of our seasoned professionals. (Can't go wrong with that!) *We're more than just a gym!*

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CASTLE HILL
FITNESS

1112 North Lamar Blvd. Austin, Texas 78703
512-478-4567 • castlehillfitness.com

HOURS

Monday–Thursday: 5:30AM–10PM
Friday: 5:30AM–9PM • Saturday–Sunday: 8AM–7PM

► Abs + Arms • Hilary *All Levels*

Crunched for time? This 30 minute class will tone you from the waist up!

Alignment/Iyengar Yoga • Gillian, Mandie • *All Levels*

A no-flow yoga practice that balances strength and flexibility. In this method, focus is on alignment and sequencing with the use of props and precise cueing. Some classes will utilize the Yoga Ropes Wall.

► Ashtanga Mysore Yoga • Juan *Mixed Levels*

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 teacher. Beginners are welcome.

Beginner Pilates Equipment • Sara *Beginner*

This class builds upon the Foundational concepts and exercises of the Pilates method. Movements are focused and purposeful as you gain an understanding of the many aspects of the Pilates equipment.

► Body Sculpt • Amid *All Levels*

Need to squeeze in a quick workout that focuses on weight training, abdominals and those hard to reach areas? This is the class for you. We will be working with light to moderate weights, medicine balls. No cardio just weights!

Cardio Carve • Chad *Levels 2-3*

Join Chad in this creative circuit training class. Class will alternate between the cardio you want, and the carving strength moves you need! Get ready to raise your heart rate with explosive, big movements then switch to form-focused strength exercises.

Cardio Kickbox • Amid, Robert *Levels 2-3*

Gain confidence, strength, and lean muscle in cardio kickbox class. Learn how to properly throw punches and kicks, connect them in combinations, and work in circuits of conditioning exercises. Gloves are provided or buy your own in our Lobby Shop.

Cardio Pilates Circuit • Stephanie *All Levels*

Get a unique cardio workout by using the jumpboard and other Pilates equipment to increase your heart rate. This class is not recommended for those with knee or ankle injuries.

► Cardio Sculpt • Amid *All Levels*

This class combines full-body resistance training with intervals of cardio. Modifications will be given for each exercise, and at just 30 minutes this class will keep you moving!

Castle Barre • Hilary *All Levels*

Join this energetic workout that uses the ballet barre to tone and sculpt your entire body. This workout uses a variety of props that will give you a deep muscle burn while staying low impact and easily modified.

► Castle Strength/Express • Chad *All Levels*

This strength training class focuses on compound movements, perfect form and balance to build total body strength. Expect to work hard and feel the burn. Modifications will be given. Thursday's Express class kicks off your weekend in just 45 minutes.

► Circuit Training + Abs/Express • Hilary *Levels 2-3*

This high energy class moves you through 45 minutes of cardio, strength, plyometric, and agility stations, and finishes with a 10 minutes of abs and core work. Express classes fit it all in 30 minutes.

Cycle Barre • Hilary *All Levels*

Cycle Barre combines the heart pumping cardio you love from spin class with the muscle burning, booty tightening moves you love from barre class. Students must wear sneakers to make the transfer from bike to "barre" easier.

Cycle + Strength • Melissa *All Levels*

Cardio and Strength in one! This class will challenge your endurance on the spin bike plus increase muscular strength with off-the-bike weight moves. Students must wear sneakers to make the transfer from bike to floor safe.

Fast Track Beginner Pilates • Deborah *Level BEG-1*

This class is designed for the Pilates beginner who is interested in "fast tracking" to an intermediate/advanced level. The foundational values, exercises and philosophy will be taught from a traditional Pilates perspective.

Focus on Form Yoga • Anne *Levels 2-3*

The class uses a variety of therapeutic sequences from the Iyengar method. Sequences may focus on the specific injury healing & prevention, relieving physical stress & toxicity in the organs, glands, & muscles.

Gentle Yoga Deep Stretch* • Jenn *All Levels*

This class is designed to give the benefits of yoga to the overused and tight parts of your body. Experienced practitioners and newbies alike will love the total body opening that is sure to bring balance to your body, mind, and soul.

Happy Hour Yoga • Collette *All Levels*

Your weekend starts here! With a fun flow and playful playlist Collette gets your weekend off to a great start in this 60 minute yoga practice. A light-hearted, full bodied class, this class pairs nicely

with whatever kind of week you've had!

► HIIT Circuit • Chad *Levels 2-3*

Challenge your boundaries with this high intensity full body circuit style workout in just 45 minutes! Chad will use a variety of props and alternate between strength and cardio crushing movements as you move between stations.

► Indoor Cycling • Varies *All Levels*

Whether you are a cyclist wanting to improve performance or simply looking for a motivating cardio workout, you will enjoy our indoor cycling classes. With a variety of teaching styles there's something for everyone!

Inspired Shakti™ Flow Yoga • Maricarmen *Levels 2-3*

A full spectrum, in-depth Vinyasa flow practice that encourages and challenges each student to dive deep and explore. Using creative and classic asana sequencing to inspire transformation on the yoga mat and in life.

Intermediate Pilates Equipment • Desi, Lindsay • *Levels 2-3*

Rotate among the chair, the reformer, the wall unit and the mat. This is a fast paced class, knowledge of Pilates principles, equipment, and terms is expected.

Middle Flow Pilates • Deborah *Levels 2-3*

This mid-level Pilates class is designed to achieve more constant flowing movement. Before attending, students must attend the Fast Track Beginner Class until they feel comfortable with the Pilates foundations presented within.

Next Level Pilates • Lindsay *Levels 3-4*

Bump up the volume with this class designed to take you into advanced level Pilates workouts. Before attending

students must feel proficient in Intermediate equipment classes.

Plyo Burn • Amid *Levels 2-3*

An intense way to burn calories while consistently improving strength and endurance, plyometrics continue to gain popularity with everyone who is looking for top results. Expect to jump!

Powerful Pilates • Sara *Levels 1-3*

Strength training combines with Pilates movements to power up your weekend in this creative intermediate class! A firm understanding of how the equipment works is required.

Powerful Pilates 2.0 • Sara *All Levels*

Our popular Powerful Pilates class gets an upgrade combining heart pumping jump board moves with the strength Pilates combos you love. Modifications will be given, however, expect to work!

► Prajna Yoga* • Anna *All Levels*

Based on the teachings of Prajna Yoga this 75 min class combines therapeutic somatic movements, dynamic asana with a focus on structural alignment, and meditation to cultivate a deeper body-mind connection and embodied vitality.

► Primo Pilates • Mandie *Level 3-4*

Rotate among the Pilates equipment and master your moves in this creative advanced level circuit class with Mandie. To allow time for set up late arrivals will not be accepted, and you should have extensive Pilates experience or instructor approval before attending this class.

Progressive Hatha Yoga • Charly *Mixed Levels*

Each class will combine hands-on alignment instruction and well-paced flow. Join us to promote balance, strength and self-empowerment with

a full spectrum sequence of postures based on the Anusara Method.

Realign & Shine Yoga • Kim *Levels 2-3*

A time of play and practice awaits you! Fuse breath and movement in this fun and active class which offers an ongoing exploration into the practice of yoga. As you bring your physical body into alignment, your spirit will follow.

Restorative Yoga* • Kori *All Levels*

This class focuses on supported postures with the aid of props to support the body in releasing tension. Beneficial for stress reduction and for anyone looking to take a meaningful break from a busy life or workout regime.

Slow Flow Yoga* • Ashley, Tracey *All Levels*

Based on Forrest Yoga and therapeutic yoga techniques, we'll move through a sequence of postures with core work, compassionate hands-on assists and emphasis on breath to regulate the nervous system and deepen your connection to self.

► Strength Circuit • Keith *Level 2-3*

Lift your fitness with this strength building class that moves through a circuit of stations. This is a high intensity class. No injuries please and be ready to work!

► SWEAT • Amid *Levels 2-3*

Sculpt. Willpower. Endurance. Athlete. Transformation. This heated class will build lean muscle mass and shred fat using barbells and body weight exercises. This class is not for beginners. Come ready to work and injury free!

Sweaty Weights & Stretch • Hilary *All Levels*

Join Hilary in this workout mix of strength training and stretching moves. Set in a slightly warmer temperature, this

class will warm and tone you AND keep you glowing!

► Tabata Remix • Amid *Levels 2-3*

Each week is a total body remix as Amid gets creative with Tabata work/rest sessions. See your progression on Wednesday as you repeat the Monday workout. Expect to sweat and work hard. No injuries.

Target Toning/Express • Hilary *All Levels*

Work to tone all areas of your body. You'll complete exercises with light weights, resistance bands, and your own body to achieve the trim and toned look you want. Express classes gets you a total body tone within a 45 minute class.

Treadmill HIIT • Robert *Level 2-3*

Find your inner athlete in this high intensity interval training class. You will alternate between treadmill sprints and complimentary strength drills. This class is not for beginners or injuries. Get ready to build your strength and speed with Robert Reed!

► Ultimate HIIT • Chad *Levels 2-3*

Dig deep, you are stronger than you think you are! In this 55 minute format you will rotate between 5 exercise stations to challenge your strength and cardio. With intermittent running outside, this high intensity interval workout is next level!

► Upper Body Circuit • Robert *Levels 2-3*

Strong back, chest, and core - this class focuses on your upper body strength! Working in stations you'll rotate between Primal 7 suspension units, med balls, free weights, and more. The last 10 minutes of class are dedicated to core and cool down. This class pairs perfectly with Robert's Mon/Fri leg blasting Treadmill HIIT class.

► Vinyasa Flow Yoga • Varies *Levels vary by class*

Vinyasa Flow is an evolving form of traditional Hatha yoga that focuses on linking breath and movement. Focus on strength and endurance, alongside the usual elements of flexibility, balance, and alignment.

Yin Yoga Deep Stretch* • Kate *All Levels*

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.

Yoga Basics* • Anna *All Levels*

Yoga Basics is a slower tempo class focusing on the alignment of basic yoga postures. If you are new to yoga, coming back from injury, or coming back from a long yoga break this class is perfect for you to ease into a regular practice.

Yoga Tone • Collette *All Levels*

Yoga Tone combines basic yoga postures, light to moderate hand weights and a rocking playlist to get your om and your tone in one! Combine the fitness benefits of yoga and weightlifting in this 45 minute class.

Yoga Wall • Anna *All Levels*

A therapeutic yoga practice which uses the wall, straps and harnesses as the primary props in a variety of yoga postures. The emphasis of each class is to access length, stability and proper alignment from the unique support that the Yoga Wall provides.

**Community class included in Membership. \$10 per class for non-members, or \$8 per class with a 10-class card.*

► *New/updated class!*

CLASS SCHEDULE

JUL 1—DEC 31 2017

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