

MONDAY

6:15–7:00AM	Cycle Express Ozzie • All Levels • Cycle Studio
8:30–9:20AM	Cardio Interval Ozzie • Level 2-3 • The Big Room
9:30–10:20AM	Aqua FIT Robyn • All Levels • H ₂ O Studio
9:30–10:30AM	Barre Above Michele • All Levels • Mind/Body Studio
9:30-10:30AM	Power Ride Tonja • All Levels • Cycle Studio
9:30–10:00AM	Step it Up! Catherine • All Levels • The Big Room
10:00–10:30AM	Tabata Express Catherine • All Levels • The Big Room
10:30–11:30AM	Yoga Flow Laurie • All Levels • Mind/Body Studio
noon–12:30PM	Lunchtime HIIT Leslee • Level 2-3 • The Big Room
5:00–6:15PM	Yoga Flow Michele • All Levels • Mind/Body Studio
5:30–6:05PM	Interval Express Robyn • All Levels • The Big Room
6:30–7:30PM	Group Power® Michele • All Levels • The Big Room

TUESDAY

5:45–6:45AM	Group Power® Catherine • All Levels • The Big Room
8:30–9:25AM	Advanced Mat Pilates Melissa • Level 3 • Mind/Body Studio
8:30–9:20AM	Everybody Dance Sam • All Levels • The Big Room
9:30–10:30AM	Group Power® Susan • All Levels • The Big Room
10:30–11:25AM	Yoga Reboot Laurie • All Levels • Mind/Body Studio
12:10-1:10PM	Recess Michele • All Levels • The Big Room
5:30–6:20PM	Cardio Interval Ali • All Levels • The Big Room
5:30–6:30PM	Power Ride Bryan • All Levels • Cycle Studio
6:15–7:00PM	Aqua FIT Danny • All Levels • H ₂ O Studio

WEDNESDAY

6:00–6:45AM	Power Ride Bryan • All Levels • Cycle Studio
8:30–9:30AM	Group Power® Sam • All Levels • The Big Room
8:30–9:25AM	Yoga Flow Catherine • Level 1-2 • Mind/Body Studio
9:30–10:15AM	Aqua FIT Ali • All Levels • H ₂ O Studio
9:30–10:30AM	Barre Above Michele • All Levels • Mind/Body Studio
9:30–10:30AM	Power Ride Catherine • All Levels • Cycle Studio
9:40–10:30AM	Camp TABATA Tonja • All Levels • The Big Room
5:00–6:15PM	Yoga Flow Michele • All Levels • Mind/Body Studio
5:30–6:05PM	Interval Express Ali • All Levels • The Big Room
6:30–7:30PM	Group Power® Michele • All Levels • The Big Room

THURSDAY

5:45–6:45AM	Group Power® Catherine • All Levels • The Big Room
8:00–8:55AM	Prop Pilates Melissa • Level 2-3 • Mind/Body Studio
8:30–9:20AM	Cardio Interval Ozzie • Level 2-3 • The Big Room
9:30-10:30AM	Restorative Yoga Catherine • All Levels • Mind/Body Studio
12:10–1:10PM	Group Power® Michele • All Levels • The Big Room
5:30–6:30PM	Power Ride Bryan • All Levels • Cycle Studio

FRIDAY

6:00–6:30AM	Strength Circuit Catherine • All Levels • Small Group Studio
8:30–9:20AM	Everybody Dance Sam • All Levels • The Big Room
8:30–9:20AM	Qi Remix Jeff • All Levels • Mind/Body Studio
9:00–9:45AM	Cycle Express Michele • All Levels • Cycle Studio
9:30–10:20AM	Aqua PUMP Tonja • All Levels • H ₂ O Studio
9:30–10:30AM	Group Power® Susan • All Levels • The Big Room
9:45–10:30AM	Yoga Flow Express Michele • All Levels • Mind/Body Studio

SATURDAY

8:15–9:45AM	Cycle + KRANK + Row Bryan • All Levels • Cycle Studio/Deck
8:30–9:20AM	Cardio Interval Varies • All Levels • The Big Room
9:30–10:25AM	Aqua Wildcard Varies • All Levels • H ₂ O Studio
9:40–10:30AM	Core & More Robyn • All Levels • The Big Room
10:35–11:30AM	Stretch & Shine Varies • All Levels • Mind/Body Studio

SUNDAY

10:30–11:00AM	Roll & Restore Danny • All Levels • Mind/Body Studio
2:00–2:30PM	Roll & Restore Danny • All Levels • Mind/Body Studio

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

Fitness

Pilates

Yoga

Please check in at the front desk before your class.

See website for the most up to date schedule

Classes subject to cancellation if attendance is below 8.

Missing your small group? See our events page on our website!



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

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

Download our app • 48hr advance online class sign-ups

PRICING DOES NOT INCLUDE SALES TAX

MEMBERSHIPS

Premier Level.....	\$89/mo (includes 6 classes. \$8/class after that, or \$70 for a 10-pack)
VIP Level	\$139/mo all classes included (& 10% off workshops & series)
Couples & Families	save 10%
Students/Educators/Military.....	save 20%
\$149 One-Time Enrollment Fee • No commitment • Full details online	

COMMIT TO 12 MONTHS, GET YOUR FIRST MONTH FOR FREE.

JUL 1-DEC 31 2017
CLASS SCHEDULE
360

Advanced Pilates Mat • Meilssa
Level 3

Dive deep into the advanced Classical Pilates repertoire in a challenging, total body conditioning mat class! For your best experience come with a strong knowledge of Pilates.

Aqua FIT • Ali, Danny, Robyn
All Levels

Find your fitness in the water with this fast-paced cardio class set to upbeat music. Low-impact & easy on joints, but not for the faint at heart!

Aqua Pump • Tonja
All Levels

This strength building workout uses the water for resistance & pool props like foam weights, paddles, & noodles to add extra spice! Low impact, but an effective, fun workout.

Aqua Wildcard • Varies
All Levels

This weekend water class rotates instructors & workouts. One week might use pool props another might be strictly cardio, either way is a great way to start your Saturday!

Barre Above • Michele
All Levels

This unique class mixes the best of aerobics, pilates, & strength training to sculpt your body and improve posture. Expect to use plenty of props like balls, bands, magic circles, and the barre in this barefoot class.

Camp TABATA • Tonja
All Levels

No counselors here! Push yourself to the next level in this interval style circuit class. Something new each week to keep your body guessing!

Cardio Interval • Varies
Levels vary by class

This class combines full-body resistance training with intervals of cardio. With a variety of props to keep you guessing, come ready to work!

Core & More • Robyn
All Levels

Your core's weekend wake up call. Gain strength & stability in your entire core using a mix of props. Robyn warms you up with a quick foam roll then layers on more challenging moves from the mat.

Cycle Express • Michele, Ozzie
All Levels

This 45 minute high energy ride is your quick fix to cardio!

Cycle + KRANK + Row • Bryan
All Levels

This monster 90+min total body ride sets the tone for a great weekend! Nothing gets neglected as Bryan leads circuits between traditional spin bikes, KRANKcycle arm bikes, and rowers. If the weather is +50 degrees, meet us out on the deck!

Everybody Dance • Sam
All Levels

Join the party in this high energy, fast-paced fitness dance class. No dance experience is necessary just an adventurous spirit.

Interval Express • Ali, Robyn
All Levels

A focused workout with high intensity intervals like sprints, jumprope, and more.

Group Power® • Varies
All Levels

This highly effective, results-driven strength training workout utilizes adjustable barbells, weight plates, & bodyweight exercises, set to bumping music.

Lunchtime HIIT • Leslee
Level 2-3

Your mid-day fix for Mondays is here! Get ready to explore your limits as you rotate stair runs and bodyweight strength moves. At just 30 minutes, come ready to work.

Power Ride • Catherine, Bryan, Tonja
All Levels

Ready to get sweaty? These rides pack a punch! Dig deep, explore the limits, and get in the zone using your heart rate as a guide. Monitors are encouraged but not required. With a variety of teaching styles there's something for everyone!

Prop Pilates • Melissa
Levels 2-3

Each week we will use a variety of props to explore the Classical Pilates principles in this intermediate mat class. Private lessons or instructor approval is recommended before attending class.

Qi Remix • Jeff
All Levels

West meets East in this movement class designed to de-stress from a hectic week. Jeff guides you through a mix of Tai Chi, Qigong, conscious breath work, & meditation that will reset your system & encourage the flow of qi (life force).

Recess • Michele
All Levels

Inspired by the best part of school! Expect to get a full body workout, use a variety of equipment each week like jump ropes, and to have fun!

Restorative Yoga • Catherine
All Levels

Prepare to let go and breathe deeply. This class eases you into a relaxed state with the use of supportive props and ends with guided meditation.

Roll & Restore • Danny
All Levels

The perfect end to your week. Help your body to recover with foam rolling and stretching.

Step it Up! • Catherine
All Levels

Step into your week with a classic 30 minute aerobic step routine. Expect easy to follow choreography and a fun playlist!

Strength Circuit • Catherine
All Levels

Early birds rotate through a quick 30-min circuit designed to build strength. Open to all levels & easy to modify.

Stretch & Shine • Varies
All Levels

This yoga class rotates instructors each week. Expect to move your body, tune in to your breath, and calm the mind. You earned it.

Tabata Express • Catherine
All Levels

Get your blood pumping in record time with timed strength segments and cardio intervals. All Levels are welcome.

Yoga Flow/Express • Varies
Levels vary by class

A dynamic, fitness-oriented yoga class designed to assist in recovery, improve balance, & sharpen your mental acuity. Express classes fit it all in 45 minutes.

Yoga Reboot • Laurie
All Levels

Time for a reboot! This slower tempo class is perfect for beginners, those recovering from injury, or those returning from a long yoga break. We focus on basic yoga postures while warming up our bodies with a variety of tools like foam rollers, trigger point balls, and more!



**A GEM
OF A GYM!**

TWO LOCATIONS
360 & Westlake Dr.
12th & Lamar Blvd.

360 HOURS
MON - THU: 5:30 AM – 8 PM
FRI: 5:30 AM – 7 PM
SAT: 8:00 AM – 4 PM
SUN: 10:00 AM – 4 PM

CHILDCARE HOURS
MON - FRI: 8:00AM TO 1:30PM
Infants by reservation
512-306-0557
castlehillfitness.com

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