

MONDAY

- 6:15–7:00AM **Cycle Express**
Ozzie • All Levels • Cycle Studio **L**
- 8:30–9:20AM **Cardio Interval**
Ozzie • Levels 2-3 • The Big Room **H**
- 8:30–9:20AM **Mindful Strength**
Laurie • All Levels • Mind/Body Studio **L**
- 9:30–10:20AM **Aqua FIT**
Danny • All Levels • H₂O Studio **L**
- 9:30–10:30AM **Barre Above**
Michele • All Levels • Mind/Body Studio **L**
- 9:30–10:25AM **Camp TABATA**
Tonja • Levels 2-3 • The Big Room **H**
- 10:45–11:40AM **Mama Strong**
Ali • All Levels • The Big Room **L**
- 10:45–11:45AM **Yoga Fundamentals**
Lucy • All Levels • Mind/Body Studio **L**
- 12:15–1:00PM **Cycle + Strength**
Tonja • All Levels • Cycle Studio/The Big Room **L**
- 5:00–6:15PM **Yoga Flow**
Michele • All Levels • Mind/Body Studio **L**
- 5:45–6:15PM **Total Tabata + Abs**
Keith • Levels 2-3 • The Big Room **H**
- 6:30–7:25PM **Strength Circuit**
Keith • All Levels • The Big Room **L**

TUESDAY

- 5:45–6:45AM **Group Power®**
Tonja • All Levels • The Big Room **L**
- 8:30–9:25AM **Advanced Mat Pilates**
Jae Hoon • Levels 3 • Mind/Body Studio **L**
- 8:30–9:20AM **Everybody Dance**
Sam • All Levels • The Big Room **L**
- 9:30–10:30AM **Group Power®**
Michele • All Levels • The Big Room **L**
- 10:30–11:25AM **Yoga Reboot**
Laurie • All Levels • Mind/Body Studio **L**

- 12:15–1:00PM **Recess**
Michele • All Levels • The Big Room **L**
- 5:30–6:30PM **Power Ride**
Bryan • All Levels • Cycle Studio **L**
- 6:00–7:15PM **Eclectic Yoga**
Clayton • All Levels • Mind/Body Studio **L**

WEDNESDAY

- 6:00–6:45AM **Power Ride**
Bryan • All Levels • Cycle Studio **L**
- 8:30–9:30AM **Group Power®**
Sam • All Levels • The Big Room **L**
- 8:15–9:15AM **Slow Flow Yoga**
Ashley • All Levels • Mind/Body Studio **L**
- 9:30–10:20AM **Aqua FIT**
Ali • All Levels • H₂O Studio **L**
- 9:30–10:30AM **Barre Above**
Michele • All Levels • Mind/Body Studio **L**
- 9:30–10:30AM **Power Ride**
Tonja • All Levels • Cycle Studio **L**
- 10:45–11:40AM **Beginner Mat Pilates**
Julie • Beginner • Mind/Body Studio **L**
- 10:45–11:40AM **Mama Strong**
Ali • All Levels • The Big Room **L**
- 12:15–1:00PM **Cycle + Strength**
Tonja • All Levels • Cycle Studio/The Big Room **L**
- 5:00–6:15PM **Yoga Flow**
Michele • All Levels • Mind/Body Studio **L**
- 5:45–6:15PM **Total Tabata + Abs**
Keith • Levels 2-3 • The Big Room **H**
- 6:30–7:25PM **Beginner Pilates Equipment**
Celeste • Beginner • Pilates Studio **L**
- 6:30–7:25PM **Strength Circuit**
Keith • All Levels • The Big Room **L**

THURSDAY

- 5:45–6:45AM **Group Power®**
Tonja • All Levels • The Big Room **L**
- 8:00–8:55AM **Intermediate Mat Pilates**
Melissa • Levels 2-3 • Mind/Body Studio **L**
- 8:30–9:20AM **Everybody Dance**
Sam • All Levels • The Big Room **L**
- 9:30–10:45AM **Gentle Yoga Deep Stretch**
Clayton • All Levels • Mind/Body Studio **L**
- 12:15–1:00PM **Total Body Conditioning**
Ali • All Levels • The Big Room **H**
- 5:30–6:30PM **Power Ride**
Bryan • All Levels • Cycle Studio **L**

FRIDAY

- 7:00–7:45AM **Cardio Interval Express**
Ozzie • Levels 2-3 • The Big Room **H**
- 8:30–9:25AM **Camp TABATA**
Tonja • Levels 2-3 • The Big Room **H**
- 8:30–9:20AM **Tai Chi Remix**
Jeff • All Levels • Mind/Body Studio **L**
- 9:30–10:30AM **Rhythm Ride**
Michele • All Levels • Cycle Studio **L**
- 9:30–10:20AM **Aqua Pump**
Tonja • All Levels • H₂O Studio **L**
- 9:30–10:30AM **Group Power®**
Ali • All Levels • The Big Room **L**
- 9:45–11:00AM **Inspired Shakti™ Flow Yoga**
Maricarmen • Levels 2-3 • Mind/Body Studio **L**
- 10:45–11:40AM **Mama Strong**
Ali • All Levels • The Big Room **L**
- noon–12:55PM **Beg/Int Pilates Equipment**
Melissa • Levels 1-2 • Pilates Studio **L**
- noon–1:00PM **Slow Flow Yoga**
Tracey • All Levels • Mind/Body Studio **L**

SATURDAY

- 8:15–9:45AM **Cycle + KRANK + Row**
Bryan • All Levels • Cycle Studio **L**
- 8:15–9:15AM **Group Power®**
Varies • All Levels • The Big Room **L**
- 9:30–10:25AM **Aqua Wildcard**
Varies • All Levels • H₂O Studio **L**
- 9:30–10:25AM **Core Fusion**
Celeste • All Levels • Mind/Body Studio **L**
- 10:45–11:40AM **Beginner Pilates Equipment**
Celeste • Beginner • Pilates Studio **L**
- 10:45–11:45AM **Stretch & Shine Yoga**
Varies • All Levels • Mind/Body Studio **L**

SUNDAY

- 10:30–11:20AM **Aqua FIT**
Danny • All Levels • H₂O Studio **L**

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

▶ New/updated class!

H High Impact
L Low Impact

Please check in at the front desk before your class.

See website or download our app for the most up to date schedule.

Fitness

Pilates

Yoga

Classes subject to cancellation if attendance is below 8.

ADDITIONAL SERVICES

CHILDCARE

Childcare at 360 is included at every membership level and is available a la carte for those without a membership. Our childcare room has safe and natural toys from Melissa & Doug, books, and play areas for infants 6 weeks and older. Reservations can be made 24 hour in advance by calling the studio phone. Times start on the hour and half-hour.

One visit..... \$12
10 visit card..... \$100

SEE OUR FULL LIST OF GUIDELINES & POLICIES ONLINE

SPA & WELLNESS SERVICES

Caring for your body is more than just breaking a sweat or achieving a PR. In the spa, our focus is healing and recovery - so that you can stay active and injury free for years to come! Open to members and non-members.

- Massage
- Muscle Activation Technique (M.A.T.)
- Metabolic Testing
- Nutrition & Wellness Coaching

SEE OUR SEPARATE SPA MENU OR VISIT US ONLINE FOR FULL DETAILS

SWIM COACHING

Our heated pool makes learning to swim a little less shocking than a dip in Barton Springs. Our coach has taught all ages and abilities to refine their technique, improve speed, and focus on form in the water.

Member (30min/45min)..... \$53/\$75
Non-member (30min/45min)..... \$60/\$85

CONTACT OUR CONCIERGE TO GET STARTED

TRAINING

Reach your goal, stay accountable, and avoid plateaus with our dedicated staff of Personal Trainers. Discounts for members, open to everyone.

CONTACT OUR CONCIERGE TO GET STARTED

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..... \$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

ACCESS TO BOTH LOCATIONS. SEE THE ALL THE BENEFITS ONLINE

COMMUNITY CLASSES

(Downtown location only; included in Membership. Pricing below for non-members)

One class..... \$11
10 class card..... \$80 (\$8 per class)

PRICING DOES NOT INCLUDE SALES TAX



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



NOW TWO LOCATIONS!

Access to both locations with every membership.

Our downtown location features:

- 21,000 square feet
- 5 Group classrooms
- Pilates equipment studio
- 80+ Classes/week
- Acupuncture services
- Facials & lashes

Come and see why everyone loves us!



3801 N. Capital of Texas Hwy, Ste i-100, Austin, Texas 78746
512-478-4567 • castlehillfitness.com

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
512-478-4567
castlehillfitness.com

▶ **Advanced Mat Pilates • Jae Hoon Levels 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 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.

▶ **Beginner Mat Pilates • Julie Levels BEG-1**
Using your body weight and props, the Pilates mat work delivers you quick gains in strength and body awareness. This class is fiercely focused to tighten the core. Suitable for beginners.

▶ **Beginner Pilates Equipment • Celeste • Levels BEG-1**
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.

▶ **Beg/Int Pilates Equipment • Melissa Levels 1-2**
Previous Pilates experience on the equipment is required before entering this class. Rotate between chair, reformer, and tower while expanding your strength in Pilates!

▶ **Camp TABATA • Tonja Levels 2-3**
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/Express • Ozzie Levels 2-3**
This class combines full-body resistance training with intervals of cardio. With a variety of props to keep you guessing, come ready to work! Express classes fit it all in 45 minutes.

▶ **Cycle + Strength • Tonja 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.

▶ **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!

▶ **Cycle Express • Ozzie All Levels**
This 45 minute high energy ride is your quick fix to cardio!

▶ **Core Fusion • Celeste All Levels**
Join this energetic workout that uses a blend of Pilates and strength moves to wake up your core. This workout uses a variety of props that will gain you strength and stability while staying low impact and easily modified.

▶ **Eclectic Yoga • Clayton All Levels**
This class creatively uses props, postures, and the yoga stall wall to create openness in the body. This class is perfect to unwind a hectic day, body, and mind. All Levels.

▶ **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.

▶ **Gentle Yoga Deep Stretch • Clayton 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.

▶ **Group Power® • Varies All Levels**
This highly effective, results-driven strength training workout utilizes adjustable barbells, weight plates, & bodyweight exercises, set to bumping music.

▶ **Hatha Yoga • Anna All Levels**
Warm up the body with some gentle movement, and then focus on holding poses longer as the teacher guides you with more detail and props.

▶ **Inspired Shakti™ Flow Yoga • Maricarmen Level 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 Mat 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.

▶ **Mama Strong • Ali All Levels**
This special class makes space for new moms and their babies before crawling. Expect body-weight exercises and quick cardio blasts to keep your heart rate up. Moms to be are also welcome! In partnership with Hello My Tribe.

▶ **Mindful Strength • Laurie All Levels**
Strengthen the brain/body connection with a class focused on balance, posture, gait, and body weight moves. Laurie will throw in some good ol' stretching to set you up for a successful week!

▶ **Power Ride • 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!

▶ **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!

▶ **Rhythm Ride • Michele All Levels**
This fun-filled cardio class rides to the beat of the music but won't sacrifice proper bike technique or form. Get ready for jumps, hills, and sprints!

▶ **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 All Levels**
Lift your fitness with this strength building class that moves through a circuit of stations. Keith switches up which props we use each week to keep your workout fresh! Please no injuries and be ready to work!

▶ **Stretch & Shine Yoga • 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.

▶ **Tai Chi 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).

▶ **Total Tabata + Abs • Keith Levels 2-3**
Boost that metabolism with heart pumping cardio moves in a traditional tabata format. 30 minutes of work/rest intervals and room for some core work at the end. Get ready for a hard and focused workout!

▶ **Total Body Conditioning • All All Levels**
With a mix of cardio intervals and strength moves this class delivers an efficient full body workout. Ali switches up workouts week by week to keep boredom at bay! This workout is the perfect mid-day wake up!

▶ **Yoga Flow • Michele All Levels**
A dynamic, fitness-oriented yoga class designed to assist in recovery, improve balance, & sharpen your mental acuity.

▶ **Yoga Fundamentals • Lucy All Levels**
Start your week with a strong, alignment-focused class that will allow you to dive deeper into your yoga practice in an intelligent way. This class is appropriate for new and seasoned practitioners alike.

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!

New/updated class!

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

Please check in at the front desk before your class.

See website or download our app for the most up to date schedule.

Fitness

Pilates

Yoga

MEET OUR NEW INSTRUCTORS

Allow us to introduce you to some of the new names on the schedule! At Castle Hill Fitness, we pride ourselves with quality classes from top-notch instructors.

Anna Gieselman • Yoga
Anna is a 200 & 500RYT through Prajna Yoga and began her yoga studies in 2004. In addition to teaching yoga she was a licensed massage therapist for 10 years. Anna is also pre and post natal yoga certified and hosts our annual December Meditation Challenge.

Ashley Cheng • Yoga
Ashley is a native Austinite, Forrest yoga instructor, and teacher trainer for the Austin School of Yoga. She approaches her teaching practice like a fine meal - taking each pose one bite at a time and savoring every breath as a nourishing, decadent experience.

Celeste Knickerbocker • Pilates
Celeste hails from Los Angeles and was a dancer from a young age. Celeste is passionate about movement and has pursued numerous certifications in various disciplines including Pilates, Gyrotonics, TRX training, and more!

Clayton Aynesworth • Yoga
Clayton is the owner/president of Castle Hill Fitness sees himself as an eternal student. His passion for learning has opened many doors to a rich understanding of organizational dynamics, massage and yoga therapy, alternative healing, art, and travel.

Jae Hoon Lim • Pilates
With over a 20 year career in dance and somatics, Jae Hoon has developed a passion for the intelligent movement of Pilates and loves to share it with clients of all ages and abilities. He has an MFA and is PMA, Power Pilates comprehensive, and DanceAbility certified.

Julie Williams • Pilates
Julie has 20+ years of movement and dance experience. Over the years, teaching has allowed her to instruct and manage many professional Pilates studios around the nation. Julie is comprehensively certified in Pilates and a proud mother of three.

Keith Kohanek • Fitness
Keith Kohanek is a National Academy of Sports Medicine personal trainer, and he believes you should love your workouts! Whether you're totally new to the gym, a lifelong athlete, or a weekend warrior, Keith can keep your body guessing and the results rolling.

Lucy Jordan • Yoga
Lucy teaches yoga because she loves making people feel better. Through her own experience with neck and back pain, and scoliosis her specialty lies within yoga's therapeutic application to the spine. Lucy's classes celebrate the uniqueness of every body and aim to untangle the puzzles of the body by relieving pain and tension.

Maricarmen Wilson • Yoga
Maricarmen is an E-RYT500, YACEP, Vinyasa Krama-Creative, Alchemist, Mother of Men, Rock-n-Roll Wife, Feminine Fire Starter and Yoga Lifestyle Guide and has been practicing and teaching Yoga for over 25 years.

Tracey Silverman • Yoga
Tracey is a Forrest Yoga instructor and teacher trainer for the Austin School of Yoga. Tracey brings positive, inspiring energy to every class and uses a caring, compassionate touch. It has been through Forrest Yoga that she has healed her body from the toll of twin pregnancy and college gymnastics - and found her spirit, voice, and the courage to speak it.



CLASS SCHEDULE

JAN 1—JUN 30 2018



A GEM OF A GYM!
TWO LOCATIONS
360 & Westlake Dr.
12th & Lamar Blvd.

