

MONDAY

- ▶ 6:00–6:45AM **Tabata Remix**
Amid • Levels 2-3 • Multisport Room **L**
- ▶ 6:30–8:00AM **Ashtanga Mysore Yoga****
Juan • Mixed Levels • Chakras Room **L**
- ▶ 7:00–7:55AM **Rhythm Ride**
Amy • 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) **L**
- ▶ noon–12:55PM **Black Belt Conditioning**
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 **Cycle + Strength**
Melissa • All Levels • Multisport Room **L**
- ▶ 6:00–6:55PM **Next Level Pilates**
Lindsay • Levels 3-4 • Pilates Studio **L**
- ▶ 6:30–7:15PM **Classic Tabata**
Chad • 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**
- ▶ 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**
- ▶ 8:00–8:45AM **Circuit Training Express + Abs**
Hilary • All Levels • Multisport Room **H**
- ▶ 9:30–10:45AM **Beyond Vinyasa**
Clayton • All Levels • The Studio **L**
- ▶ 9:45–11:10AM **Alignment/Iyengar 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**
Heather • Levels 2-3 • Pilates Studio **L**
- ▶ noon–1:00PM **Slow Flow Yoga***
Ashley • All Levels • Chakras Room (heated class) **L**
- ▶ 12:15–1:00PM **Target Toning Express**
Hilary • All Levels • Lotus Room **L**
- ▶ 5:15–6:10PM **Barbell Strength**
Chad • All Levels • The Studio **L**
- ▶ 6:00–6:55PM **Cardio Pilates Circuit**
Stephanie • All Levels • Pilates Studio **L**
- ▶ 6:00–6:55PM **PUMP'D**
Keith • All Levels • Multisport Room **L**
- ▶ 6:30–7:15PM **Ultimate HIIT**
Chad • Levels 2-3 • The Studio **H**
- ▶ 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**
- ▶ 6:30–8:00AM **Ashtanga Mysore Yoga****
Juan • Mixed Levels • Chakras 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) **L**

- ▶ 11:30AM–noon **Abs + Arms**
Hilary • All Levels • Multisport Room **L**
- ▶ noon–12:55PM **Black Belt Conditioning**
Robert • Levels 2-3 • Martial Arts Room **H**
- ▶ noon–12:55PM **Middle Flow Pilates**
Deborah • Levels 2-3 • Pilates Studio **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**
- ▶ 6:00–7:00PM **Yoga Wall**
Anna • All Levels • Lotus 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 • Chakras Room **L**

THURSDAY

- ▶ 6:00–6:45AM **Body Sculpt**
Amid • All Levels • Lotus Room **L**
- ▶ 7:00–7:30AM **Cardio Sculpt**
Amid • All Levels • Lotus Room **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**
- ▶ 12:15–1:00PM **Target Toning Express**
Hilary • All Levels • Lotus Room **L**
- ▶ 5:00–5:55PM **Powerful Pilates 2.0**
Heather • All Levels • Pilates Studio **L**
- ▶ 5:30–6:25PM **PUMP'D**
Keith • All Levels • Multisport Room **L**

- ▶ 5:30–6:15PM **Yoga Tone**
Collette • All Levels • Lotus Room **L**
- ▶ 6:30–7:15PM **Camp Cardio**
Keith • Levels 2-3 • Multisport Room **H**
- ▶ 6:30–7:45PM **Unfold Your Form Yoga**
Mandie • Levels 1-2 • Lotus Room **L**

FRIDAY

- ▶ 6:30–8:00AM **Ashtanga Mysore Yoga****
Juan • Mixed Levels • Chakras Room **L**
- ▶ 6:30–7:15AM **Strength Circuit**
Keith • Levels 2-3 • Multisport Room **H**
- ▶ 10:00–11:15AM **Alignment/Iyengar Yoga**
Anne • Levels 2-3 • Chakras Room **L**
- ▶ 10:00–10:55AM **Plyo Burn**
Amid • Levels 2-3 • Multisport Room **H**
- ▶ noon–12:55PM **Variety Show**
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**
- ▶ 12:15–1:00PM **LimBarre**
Jae Hoon • All Levels • Lotus Room **L**
- ▶ 1:00–1:55PM **Fast Track Beginner Pilates**
Deborah • Beginner • 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**
Heather • 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 **Intermediate Pilates Equipment**
Jae Hoon • Levels 2-3 • 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**
- ▶ 11:30–12:55PM **Realign & Shine Yoga**
Kim • Levels 2-3 • Lotus Room **L**
- ▶ 12:15–1:00PM **Cycle Barre**
Hilary • All Levels • Multisport Room **L**

SUNDAY

- ▶ 9:00–9:45AM **Cardio Carve Express**
Chad • Levels 2-3 • Multisport Room **H**
- ▶ 10:00–10:55AM **Castle Strength**
Chad • All Levels • Multisport Room **L**
- ▶ 10:15–11:30AM **Prajna Yoga***
Anna • All Levels • Chakras Room **L**
- ▶ 11:15AM–12:10PM **Ultimate HIIT**
Chad • Levels 2-3 • Multisport Room **H**
- ▶ 1:00–1:55PM **PUMP'D**
Keith • All Levels • Multisport Room **L**
- ▶ 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: Jan 31, Apr 16, Apr 30, Jun 13

▶ New/updated class!

- H** High Impact
- L** Low Impact

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

Fitness

Pilates

Yoga

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

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

(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 360 & Westlake Drive location includes:

- 16,000 square feet
- 4 Group classrooms
- Pilates equipment studio
- 50+ Classes/week
- Childcare room
- Pool & hot tub

Come and see why everyone loves us!

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DOWNTOWN 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 • Anne, Gillian • Levels vary by class

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 instruction. Some classes use the Yoga 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.

► Barbell Strength • Chad

All Levels
Build full body strength with the godfather of all weightlifting props – the Barbell. You will use our group-ex set of barbells and dumbbells in compound movements designed to improve strength. Modifications will be given.

► Beginner Pilates Equipment • Heather • 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.

► Beyond Vinyasa • Clayton

All Levels
A unique blend of vinyasas, while also holding asanas for extended periods. An expert in martial arts, bodywork and massage, Clayton applies his understanding of the human body to deliver therapeutic results: increased strength, flexibility, and relaxation.

► Black Belt Conditioning • Robert

Levels 2-3
This class promotes total body endurance, strength, and agility. Achieve total body conditioning with plyometrics

and weight work. Gain confidence with mixed martial arts punch/kick combos and groundwork.

► 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 work with light to moderate weights, medicine balls. No cardio just weights!

► Camp Cardio • Keith

Levels 2-3
Find your inner athlete in this intense cardio workout focused at increasing your speed, agility, and quickness! Keith will switch up the workouts each week, while each class keeps you moving in a circuit station format.

► Cardio Carve/Express • 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. Express class is 45 minutes.

► Cardio Kickbox • Amid

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 in just 30 minutes! Modifications will be given for each exercise.

► 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 • 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.

► Circuit Training + Abs/Express • Hilary

Levels vary by class
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.

► Classic Tabata • Chad

Levels 2-3
Feel the fire in this high intensity, heart-pumping class. In classic tabata fashion, you will exercise in 4 minute sets, cycling between work and rest. This style of training is extremely effective in boosting metabolism and total body conditioning.

► 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.

► 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!

► Indoor Cycling • Andrea, Kat G.

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.

► 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 • Varies • 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.

► LimBarre • Jae Hoon

All Levels
Kickstart your weekend with this 45-minute power lunch workout with Jae Hoon Lim! LimBarre combines basic ballet exercises at the barre with classical Pilates on the mat and is set to motivating music.

► 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 2.0 • Heather

All Levels
This class combines 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.

► 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.

► PUMP'D • Keith

All Levels
Join Keith in this full body workout designed to pump up your mood, motivation, and muscles! This class uses body weight exercises, hand weights, and a poppin' playlist to boost you up inside and out!

► 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.

► Rhythm Ride • Amy

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

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

Levels 2-3
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!

► 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
This workout mixes 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. 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.

► 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!

► Unfold Your Form Yoga • Mandie

Levels 1-2
Find your body's unique journey in yoga postures through breath and slow transitions in this alignment-based yoga class. Wonderful for new practitioners or those ready to slow down and dive deep into the details.

► Variety Show • Robert

Levels 2-3
Full body Friday workouts are here! Robert pulls from his experience in athletics and martial arts to give you a

variety show that keeps you AND your body guessing. Expect a fast-paced, work-hard session for 55 minutes. Please no injuries.

► Vinyasa Flow Yoga • Varies

Levels vary by class
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. 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

JAN 1—JUN 30 2018

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