

## MONDAY

- ▶ 6:15–7:00AM **Cycle Express**  
Madeline • All Levels • Cycle Studio **L**
- ▶ 8:30–9:20AM **Cardio Interval**  
Danny • Levels 2-3 • The Big Room **H**
- ▶ 8:30–9:20AM **Mindful Movement**  
Laurie • All Levels • Mind/Body Studio **L**
- 9:30–10:20AM **Aqua FIT**  
Danny • All Levels • H<sub>2</sub>O 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**
- 12:30–1:15PM **Cycle + Strength**  
Tonja • All Levels • Cycle Studio/The Big Room **L**
- 5:00–6:15PM **Yoga Flow**  
Michele • All Levels • Mind/Body Studio **L**
- ▶ 5:30–6:25PM **Pilates Sculpt**  
Celeste • Levels 1-2 • Pilates Studio **L**
- 5:45–6:15PM **Total Tabata + Abs** **C**  
Keith • Levels 2-3 • The Big Room **H**
- ▶ 6:30–7:30PM **Integral Barre**  
Madeline • All Levels • Mind/Body Studio **L**
- 6:30–7:25PM **Strength Circuit** **C**  
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**  
Celeste • 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**
- ▶ 6:30–7:45PM **Vinyasa Flow Yoga**  
Madeline • All Levels • Mind/Body Studio **L**
- ▶ 6:40–7:20PM **Heartfulness Meditation** *Free to All*  
Ragini • All Levels • The Big Room **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 • H<sub>2</sub>O Studio **L**
- ▶ 9:30–10:30AM **Barre Above**  
Julie • 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**
- noon–1:00PM **Hatha Yoga**  
Anna • All Levels • Mind/Body Studio **L**
- ▶ 12:30–1:15PM **D.A.S.H.**  
Jeremy • All Levels • The Big Room **H**
- 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**
- ▶ 6:00–6:45PM **Hydro HIIT**  
Danny/Jeremy • Levels 2-3 • H<sub>2</sub>O Studio **L**

- ▶ 6:30–7:25PM **Beginner Pilates Equipment**  
Celeste • Beginner • Pilates Studio **L**
- ▶ 6:30–7:30PM **Cardio Dance** **C**  
Madeline • All Levels • Mind/Body 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**  
Madeline • All Levels • Mind/Body Studio **L**
- ▶ 10:30–11:15AM **Hydro HIIT**  
Danny/Jeremy • Levels 2-3 • H<sub>2</sub>O Studio **H**
- ▶ 12:15–1:00PM **High/Low Strength & Cardio**  
Jeremy • All Levels • The Big Room **H**
- 5:30–6:30PM **Power Ride**  
Bryan • All Levels • Cycle Studio **L**

## FRIDAY

- ▶ 6:15–7:00AM **Cardio Interval Express**  
Madeline • 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 • H<sub>2</sub>O Studio **L**
- 9:30–10:30AM **Group Power®**  
Ali • All Levels • The Big Room **L**
- ▶ 9:45–11:00AM **Vinyasa Flow Yoga**  
Erica • Levels 2-3 • Mind/Body Studio **L**

- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room **L**
- ▶ 11:15–12:10PM **Mindful Movement**  
Laurie • Levels 1-2 • Mind/Body Studio **L**
- noon–12:55PM **Beg/Int Pilates Equipment** *starts Sep 7*  
Melissa • Levels 1-2 • Pilates Studio **L**

## SATURDAY

- ▶ 8:15–9:15AM **Cardio Interval Pilates**  
Celeste • All Levels • Pilates Studio **L**
- 8:15–9:45AM **Cycle + KRANK + Row**  
Bryan • All Levels • Cycle Studio **L**
- ▶ 8:15–9:15AM **High/Low Strength & Cardio**  
Jeremy • Levels 2-3 • The Big Room **H**
- 9:30–10:25AM **Aqua FIT**  
Jeremy • All Levels • H<sub>2</sub>O Studio **L**
- ▶ 9:30–10:30AM **Cardio Dance**  
Madeline • All Levels • The Big Room **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** **C**  
Madeline • All Levels • Mind/Body Studio **L**
- ▶ 2:00–3:15PM **Restorative Yoga**  
Kori • All Levels • Mind/Body Studio **L**

## SUNDAY

- ▶ 11:15–noon **Cardio Interval Express**  
Danny • Levels 2-3 • The Big Room **H**
- ▶ 12:15–1:00PM **Hydro HIIT**  
Danny • Levels 2-3 • H<sub>2</sub>O Studio **L**

See website or app for the most up to date schedule  
Classes subject to change at any time.

## ADDITIONAL SERVICES

### 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.*

- Acupuncture, Cupping, and Herbal Medicine
- 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

All Levels: appropriate for most  
Level 1-2: novice/intermediate  
Level 2-3: intermediate/advanced

**C** Denotes a Community Class.  
These discounted classes for non-members are included in Membership.

- H** High Impact
- L** Low Impact
- ▶ New/updated class!

Class Types  
Fitness Pilates Yoga

## PRICING

### CLASS PASSES

One class ..... \$20  
5 class card ..... \$90 (expires in 6 months)  
10 class card ..... \$160 (expires in 6 months)  
20 class card ..... \$300 (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



## LOCALLY OWNED SINCE 2002

We are Austin's local gym offering a multitude of options to stay fit and healthy:

- Two Locations • Strength Training • Pilates • Yoga
- 140+ Classes/Week • Boxing • Spin • Childcare
- Massage • Structural Integration • Skin Care
- Swimming • Sauna • Acupuncture • Rehab Training

*Come and see why everyone loves us!*



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

<b>360 HOURS</b> 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	<b>CHILDCARE HOURS</b> MON - SAT: 8:00AM TO 1:30PM MON & WEDS: 4:00PM TO 8:00PM <i>Infants by reservation</i> 512-478-4567 x 2
---	--

► **Advanced Mat Pilates • Celeste 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, Jeremy 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.

► **Barre Above • Julie, 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 Dance • Madeline All Levels**  
A high-intensity cardio dance class that includes a brief interlude of resistance-based exercises using blocks, weights, and resistance bands to work on strength and endurance. No dance or strength training experience necessary. Let's party!

► **Cardio Interval/Express • Varies 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.

► **Cardio Interval Pilates • Celeste Levels 2-3**  
Use the jump board and other high intensity moves to break a sweat in this fresh take on equipment Pilates! To get the full benefit of the class students must have a working knowledge of the Pilates terminology and principles.

**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 • Madeline 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.

► **D.A.S.H. • Jeremy All Levels**  
Dynamic. Aerobic. Sprint. HIIT. If you're looking to dash into a quick, effective workout on your lunchbreak – this class is for you! This mid-day cardio class alternates between intervals on the treadmill and complimentary strength drills. Not recommended for injuries.

**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 • Madeline 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.

► **Heartfulness Meditation • Ragini All Levels**  
Learn to brush aside the complexity of thoughts and refresh the body, mind, and spirit. This guided class uses relaxation, meditation, and rejuvenation techniques to fine-tune the heart with the mind and allow your potential to shine forth! **FREE TO ALL, ALWAYS.**

**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.

► **High/Low Strength & Cardio • Jeremy All Levels**  
Get a little bit of everything in this high speed, low weight strength and cardio class. Jeremy will mix body weight exercises using a variety of props like BOSU, Gliders, med balls, and weight to keep the body guessing!

► **Hydro HIIT • Danny/Jeremy Levels 2-3**  
This is not your average water class. High intensity interval training meets swim drills and pool props in a variety of stations. While low impact, this class will provide a fast and fun cardio workout - come ready to work hard!

► **Integral Barre • Madeline All Levels**  
A functional barre class that begins with a centralized warm up to get the heart rate up, transitions into movements at the barre or stall bars for balance and conditioning, and finishes with mat work to improve range of motion and core stabilization.

**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!

► **Mindful Movement • Laurie Levels vary by class**  
Strengthen the brain/body connection with a class focused on balance, posture, gait, and bodyweight moves. Laurie will throw in some good ol' stretching to set you up for a great day. Friday's class will push the envelope with more challenging moves.

► **Pilates Sculpt • Celeste Levels 1-2**  
This class uses the equipment and Classic Pilates exercises to sculpt from head to toe in a fun and lighthearted way. Each week we target something new! Participants should have some experience with machines and terminology.

**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!

► **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 • 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 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.

**C 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 • Madeline All Levels**  
Join Madeline for a well-rounded weekend yoga class! 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).

**C 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!

**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!

► **Vinyasa Flow Yoga • Erica, Madeline 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.

**C** Denotes a Community Class. Discounted non-member classes are included in Membership.

\$11 per class for non-members, or \$8 per class with a 10-class card.

► **New/updated class!**

- Class Types**
- Fitness Class
- Pilates Class
- Yoga Class

## 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..... \$8  
10 visit card..... \$50

SEE OUR FULL LIST OF GUIDELINES & POLICIES ONLINE

## SMALL GROUPS

*Do you want more personalized attention? Try small group training! These special programs cover a wide range of topics to keep your workouts fresh. Open to members and non-members for an additional training fee.*

- Pilates Equipment
- Gravity Training
- KrankCycle
- Rehab Ready
- Isometrics
- Boot Camps
- Functional Training
- Yoga

CONTACT OUR CONCIERGE OR VIEW OUR WEBSITE FOR THE LATEST!



# CLASS SCHEDULE

JUL 1—DEC 31 2018

