

MONDAY

- 6:30-8:00AM Ashtanga Mysore Yoga**
Juan • Mixed Levels • Chakras Room **L**
- ▶ 6:30-7:15AM Plyo Burn Express
Amid • Level 2-3 • The Studio **H**
- 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 starts Sep 10
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 (Yoga + Weights)
Collette • All Levels • Lotus Room (heated class) **L**
- ▶ 6:00-6:45PM Ultimate Tabata
Chad • Levels 2-3 • The Studio **H**
- ▶ 6:00-6:55PM Next Level Pilates
Sara • Levels 3-4 • Pilates Studio **L**
- ▶ 6:15-7:00PM Step + Strength
Nicole • All Levels • Multisport Room **H**
- 6:30-7:30PM Vinyasa Flow Yoga
Collette • All Levels • Lotus Room **L**
- 7:15-8:15PM Gentle Yoga Deep Stretch **C**
Jenn • All Levels • Chakras Room **L**

TUESDAY

- 6:00-6:45AM Body Sculpt
Amid • All Levels • The Studio **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**
- ▶ 7:00-8:00AM Vinyasa Flow Yoga starts Aug 7 **C**
Tiffany • Level 1-2 • Chakras Room **L**
- 8:00-8:45AM Circuit Training Express + Abs
Hilary • All Levels • Multisport Room **H**
- ▶ 8:30-9:25AM Classical Pilates Mat **C**
Jae Hoon • 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 **C**
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

- 6:30-8:00AM 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 starts Sep 5
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**
- ▶ 12:15-1:00PM Power Yoga starts Aug 1 **C**
Tiffany • Level 1-2 • Chakras 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**
- ▶ 6:00-7:15PM Restorative Yoga Wall
Anna • All Levels • Lotus Room **L**
- ▶ 6:15-7:00PM Plyo Burn Express
Amid • Levels 2-3 • The Studio **H**
- ▶ 6:45-8:00PM Vinyasa Flow Yoga
Jenn • Levels 2-3 • Chakras Room **L**

THURSDAY

- 6:00-6:45AM Body Sculpt
Amid • All Levels • The Studio **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**
- ▶ 11:15-noon Circuit Training Express + Abs starts Jul 12
Hilary • All Levels • Multisport Room **H**
- ▶ noon-12:55PM Intermediate Pilates Equipment
Jae Hoon • Levels 2-3 • Pilates Studio **L**
- noon-1:00PM Slow Flow Yoga **C**
Ashley • All Levels • Chakras Room (heated class) **L**
- ▶ 12:15-1:00PM Strength Circuit
Keith • Levels 2-3 • Multisport Room **H**

- 12:15-1:00PM Target Toning Express
Hilary • All Levels • Lotus Room **L**
- 5:30-6:15PM Yoga Tone (Yoga + Weights)
Collette • All Levels • Lotus Room **L**
- ▶ 6:00-6:55PM Cardio Pilates Circuit
Heather • All Levels • Pilates Studio **L**
- ▶ 6:00-6:55PM PUMP'D
Keith • All Levels • Multisport 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**
- ▶ 8:30-9:25AM Cycle + Strength
Melissa • All Levels • Multisport Room **L**
- 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 **C**
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 **C**
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

- ▶ 9:00-9:55AM Cardio Carve
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 **C**
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 **C**
Kori • All Levels • Chakras Room **L**

**No Ashtanga practice on new or full moon days: Jul 27, Oct 24, Nov 7, Nov 23, Dec 7

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

▶ New/updated class!

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

H High Impact
L Low Impact

Class Types

F Fitness **P** Pilates **Y** 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

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



\$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!



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3801 N. Capital of Texas Hwy, Ste i-100, Austin, Texas 78746
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DOWNTOWN HOURS
MON - THU: 5:30 AM – 10 PM
FRI: 5:30 AM – 9 PM
SAT & SUN: 8 AM – 7 PM

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

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.

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!

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 Pilates Circuit • Stephanie, Heather • 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 45 minutes.

Classical Pilates Mat • Jae Hoon *All Levels*

This flow class is geared towards beginners and advanced practitioners alike, utilizing creative modifications, variations and props. Expect a whole body workout with emphasis on the core and total body toning with the Pilates fundamentals. All levels welcome.

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 • Heather, Jae Hoon • 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 • Sara *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/Express • 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! Express classes fit it all in 45 minutes.

Power Yoga • Tiffany *Level 1-2*

A dynamic vinyasa flow with emphasis on the connection of breath with mindful movement. Class is a continuous flow of movement from posture to posture to warm, detoxify and open the body, mixed with longer-held postures to build strength and endurance in both body and mind.

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.

Restorative Yoga Wall • Anna *All Levels*

Finish your day with a therapeutic yoga practice combining an opening sequence of somatic movements designed to increase joint circulation and mobility followed by a supported deep stretch using the yoga wall, straps and harnesses. This potent combination will leave you feeling decompressed and grounded both literally and figuratively.

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.

Step + Strength • Nicole *All Levels*

Come ready to burn calories and increase your metabolism using the cardio step! No choreographed work here- just a great cardio workout with body weight and dumbbell strength moves to achieve a total body tone.

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 *Level 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!

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!

Ultimate Tabata • Chad *Levels 2-3*

Each week is a full body remix as Chad gets creative with Tabata work/ rest sessions. This style of training is extremely effective in boosting metabolism and total body conditioning.

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. Tues 7am = Community class.

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 (Yoga + Weights) • 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.

C Denotes a Community Class. These discounted 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



CLASS SCHEDULE

JUL 1—DEC 31 2018

