



# CLASS SCHEDULE

JAN 7—JUN 2 2019

**CHF**  
CASTLE HILL  
FITNESS



# MONDAY

- ▶ 6:00–6:45AM **Cycle Express**  
Danny • 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**  
Ali • 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**  
Kori/Lucy • All Levels • Mind/Body Studio **L**
- ▶ 12:30–1:15PM **Cycle + Strength**  
Danny • All Levels • Cycle Studio/The Big Room **L**
- ▶ 5:00–6:15PM **Yoga Strength & Flow**  
Michele • All Levels • Mind/Body Studio **L**
- 5:30–6:25PM **Pilates Sculpt**  
Celeste • Levels 1-2 • Pilates Studio **L**
- ▶ 6:30–7:25PM **Strength Circuit** **C**  
Jeremy • All Levels • The Big Room **L**

# TUESDAY

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

## TUESDAY cont.

12:15–1:00PM

Recess

Michele • All Levels • The Big Room **H**

▶ 5:30–6:25PM

Cardio Burn

Clark • All Levels • The Big Room **H**

5:30–6:30PM

Power Ride

Bryan • All Levels • Cycle Studio **L**

▶ 6:30–7:25PM

Cardio Dance

Celeste • All Levels • The Big Room **L**

6:30–7:45PM

Vinyasa Flow Yoga

Erin • All Levels • Mind/Body Studio **L**

6:40–7:25PM

Heartfulness Meditation *Free to All*

Ragini • All Levels • PT Studio **L**

## WEDNESDAY

6:00–6:45AM

Power Ride

Bryan • All Levels • Cycle Studio **L**

▶ 8:30–9:30AM

Group Power®

Ali • All Levels • The Big Room **L**

▶ 9:30–10:20AM

Aqua FIT

Danny • 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**

12:30–1:15PM

D.A.S.H.

Jeremy • All Levels • The Big Room **H**

▶ 12:30–1:45PM

Yoga Shred™

Summer • All Levels • Mind/Body Studio **L**

▶ 5:00–6:15PM

Yoga Strength & Flow

Michele • All Levels • Mind/Body Studio **L**

6:30–7:25PM

Beginner Pilates Equipment

Celeste • Beginner • Pilates Studio **L**

6:30–7:25PM

Strength Circuit

Jeremy • All Levels • The Big Room **L**

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

## THURSDAY

- 5:45–6:45AM **Group Power<sup>®</sup>**  
Tonja • All Levels • The Big Room **L**
- ▶ 8:15–9:10AM **Intermediate Mat Pilates**  
Melissa • Levels 2-3 • Mind/Body Studio **L**
- 8:30–9:20AM **Everybody Dance**  
Sam • All Levels • The Big Room **L**
- ▶ 9:30–10:30AM **Bring Your 'A' Game!**  
Clark • All Levels • The Big Room **H**
- 9:30–10:45AM **Gentle Yoga Deep Stretch**  
Erin • All Levels • Mind/Body Studio **L**
- ▶ noon–12:55PM **Beg/Int Pilates Equipment**  
Melissa • Levels 1-2 • Pilates Studio **L**
- 12:15–1:00PM **High/Low Cardio & Strength**  
Jeremy • All Levels • The Big Room **H**
- ▶ 5:30–6:25PM **Cardio Burn **C****  
Clark • All Levels • The Big Room **H**
- 5:30–6:30PM **Power Ride**  
Bryan • All Levels • Cycle Studio **L**

## FRIDAY

- ▶ 6:00–6:55AM **Yoga Fusion**  
Laurie • All Levels • Mind/Body Studio **L**
- 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**
- 9:30–10:20AM **Aqua Pump**  
Tonja • All Levels • H<sub>2</sub>O Studio **L**

## FRIDAY cont.

- 9:30–10:30AM **Group Power®**  
Ali • All Levels • The Big Room **L**
- ▶ 9:30–10:30AM **Mindful Movement**  
Laurie • All Levels • Mind/Body Studio **L**
- 9:30–10:30AM **Rhythm Ride**  
Michele • All Levels • Cycle Studio **L**
- ▶ 10:30–11:30AM **Vinyasa Flow Yoga**  
Erica • Levels 2-3 • Mind/Body Studio **L**
- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room **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 Cardio & Strength**  
Jeremy • Levels 2-3 • The Big Room **H**
- ▶ 9:15–10:30AM **Yoga Shred™**  
Summer • All Levels • Mind/Body Studio **L**
- 9:30–10:25AM **Aqua FIT**  
Jeremy • All Levels • H<sub>2</sub>O Studio **L**
- ▶ 9:30–10:25AM **Core Fusion**  
Celeste • All Levels • The Big Room **L**
- ▶ 10:45–11:40AM **Beginner Pilates Equipment**  
Celeste • Beginner • Pilates Studio **L**
- 10:45–11:45AM **Stretch & Shine Yoga **C****  
Erin • All Levels • Mind/Body Studio **L**

## SUNDAY

- 11:15–noon **Cardio Interval Express**  
Danny • Levels 2-3 • The Big Room **H**

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

# CLASS DESCRIPTIONS

## **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!

## ▶ **Bring Your 'A' Game • Clark** *All Levels*

Channel your inner athlete with this challenging cardio circuit that will also test your core strength and balance.

## **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 Burn • Clark** *All Levels*



A high intensity, metabolism-boosting class that utilizes body weight exercises and finishes with a challenging core workout.

### ▶ *New/updated class!*



*Fitness*



*Pilates*



*Yoga*

▶ **Cardio Dance • Celeste**

*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 • Danny**

*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 • Danny**

*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 • Erin**

*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® • Ali, Tonja**

*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.**

### **High/Low Cardio & Strength • 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!

### ▶ **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!

### **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!

### ▶ **Strength Circuit • Jeremy** **C** *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 • Erin** **C** *All Levels*

Join Erin 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).

### **Yoga Fundamentals • Kori/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 Fusion • Laurie** *All Levels*

An integrative class that combines yoga, athletic stretch and foam rolling – you're gonna love it!

### **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!

▶ **Yoga Shred™ • Summer**

**All Levels**

Blend yoga mindfulness with high intensity interval training (HIIT). This flow class is low impact and will increase flexibility and balance, while giving you a metabolic boost that delivers results in a safe way.

▶ **Yoga Strength & Flow • Michele**

**All Levels**

A dynamic, fitness oriented yoga class that integrates strength and flexibility to improve balance, assist in recovery and sharpen mental acuity.

**Vinyasa Flow Yoga • Erica, Erin**

**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.

## Community Classes!

These discounted classes are specially priced and available whether you are a Castle Hill member or not.

**Mondays 6:30PM**

Strength Circuit with Jeremy

**Tuesdays 6:40PM**

Heartfulness Meditation with Ragini **FREE TO ALL**

**Thursdays 5:30PM**

Cardio Burn with Clark

**Saturdays 10:45AM**

Stretch & Shine Yoga with Erin

## CHILD CARE

*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**

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

**H** High Impact

**L** Low Impact

▶ New/updated class!

**C** Denotes a Community Class.

*These discounted classes for non-members are included in Membership.*

**Class Types**

 Fitness  Pilates  Yoga

# 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
- Ashiatsu, Deep Tissue, Prenatal, and Swedish Massage
- Muscle Activation Technique (M.A.T.) and Kinesiotaping
- 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 & PILATES

*Reach your goal, stay accountable, and avoid plateaus with our dedicated staff of Pilates Instructors & Personal Trainers. Discounts for members, open to everyone. Ask about our 3-session Best Start Package!*

CONTACT OUR CONCIERGE TO GET STARTED

# 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!

# 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/Steam • Acupuncture • Rehab

*Come and see why everyone loves us!*

# CHF

## CASTLE HILL FITNESS

3801 N. Capital of Texas Hwy, Ste i-100, Austin, Texas 78746  
512-478-4567 • [castlehillfitness.com](http://castlehillfitness.com)

### 360 HOURS

MON - THU: 5:30 AM - 9 PM  
FRI: 5:30 AM - 7 PM  
SAT: 8:00 AM - 4 PM  
SUN: 10:00 AM - 4 PM

### CHILDCARE HOURS

MON - SAT: 8:00AM TO 1:30PM  
MON & WEDS: 4:00PM TO 8:00PM  
*Infants by reservation*  
512-478-4567 x 2