



DOWNTOWN



CLASS SCHEDULE

JAN 2-MAY 31 2019

CHF

CASTLE HILL
FITNESS



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

Indoor Cycling

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**

▶ noon–1:00PM

Vinyasa Flow Yoga + Guided Meditation

Anne W. • *All Levels* • *Chakras Room* **L**

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**

▶ 5:15–6:00PM

Barbell Strength

Chad • *All Levels* • *The Studio* **L**

▶ 5:30–6:15PM

Rhythm Ride

Genevieve • *All Levels* • *Multisport Room* **L**

5:30–6:15PM

Yoga Tone (Yoga + Weights)

Collette • *All Levels* • *Lotus Room (heated class)* **L**

▶ 6:00–6:55PM

Next Level Pilates

Lindsay • *Levels 3-4* • *Pilates Studio* **L**

6:15–7:00PM

Ultimate Tabata

Chad • *Levels 2-3* • *The Studio* **H**

▶ 6:30–7:15PM

Functional HIIT Circuit

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**

▶ 7:30–8:30AM

Sunrise Yoga

Collette • All Levels • Lotus 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**

▶ 5:15–6:00PM

Bodyweight Fitness

Jordan • All Levels • The Studio **L**

▶ 6:00–6:55PM

Cardio Pilates Circuit

Mandie • All Levels • Pilates Studio **L**

6:00–6:55PM

PUMP'D

Keith • All Levels • Multisport Room **L**

▶ 6:15–7:00PM

HIIT Fusion

Jordan • 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 **Rhythm Ride + Strength**
Melissa • *All Levels* • *Multisport Room* **L**
- 10:00–11:15AM **Inspired Shakti™ Flow Yoga** *starts Jan 9*
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**
- ▶ noon–1:00PM **Vin + Yin** *starts Jan 9*
Collette • *All Levels* • *Lotus Room* **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**
- ▶ 6:15–7:00PM **Total Conditioning**
Amid • *All Levels* • *The Studio* **H**
- ▶ 6:30–7:30PM **Vinyasa Flow Yoga**
Jenn • *Levels 2-3* • *Chakras Room* **L**

▶ *New/updated class!*

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

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

Class Types

 *Fitness*  *Pilates*  *Yoga*

THURSDAY

6:00–6:45AM

Body Sculpt

Amid • All Levels • The Studio **L**

▶ 7:00–7:30AM

KickBox

Amid • All Levels • Martial Arts **H**

7:00–7:45AM

Cycle Barre

Hilary • All Levels • Multisport Room **L**

▶ 9:00–9:45AM

Recharge + Recover **C**

Sara • All Levels • Lotus Room **L**

9:30–10:55AM

Progressive Hatha Yoga

Charly • Mixed Levels • Chakras Room **L**

▶ 10:00–11:00AM

Awareness Through Movement®

Pat • All Levels • The Studio **L**

10:00–10:55AM

Castle Barre

Hilary • All Levels • Lotus Room **L**

▶ 11:00–11:55AM

Circuit Training + Abs

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

Target Toning Express

Hilary • All Levels • Lotus Room **L**

▶ 5:00–5:45PM

Rhythm Ride

Miguel • All Levels • Multisport 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**

▶ 6:45–8:00PM

Restorative Yoga Wall

Anna • All Levels • Lotus Room **L**

FRIDAY

- 6:30–8:00AM **Ashtanga Mysore Yoga****
Juan • *Mixed Levels* • *Chakras Room* **L**
- ▶ 9:00–9:45AM **Rhythm Ride + Strength Express**
Melissa • *All Levels* • *Multisport Room* **L**
- 10:00–11:15AM **Alignment/Iyengar Yoga**
Anne • *Levels 2-3* • *Chakras Room* **L**
- ▶ 10:00–10:45AM **Plyo Burn Express**
Amid • *Levels 2-3* • *Multisport Room* **H**
- ▶ noon–1:00PM **LimBarre**
Jae Hoon • *All Levels* • *Lotus Room* **L**
- 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**
- 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

- ▶ 8:15–9:00AM **Morning Movement**
Hilary • *All Levels* • *Lotus Room* **H**
- 8:45–9:45AM **Indoor Cycling**
Andrea • *All Levels* • *Multisport Room* **L**
- ▶ 9:00–9:55AM **Beginner Pilates Equipment**
Varies • *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**
Sara • *Levels 2-3* • *Pilates Studio* **L**
- 10:00–10:55AM **Target Toning**
Hilary • *All Levels* • *Multisport Room* **L**

SATURDAY cont.

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
Morgan • 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
Chad • Levels 2-3 • Multisport Room **H**

▶ 10:00–10:45AM

Castle Strength
Chad • All Levels • Multisport Room **L**

10:15–11:30AM

Prajna Yoga **C**
Anna • All Levels • Chakras Room **L**

▶ 11:00–11:55AM

Ultimate HIIT
Chad • Levels 2-3 • The Studio/Multisport Room **H**

5:30–6:50PM

Restorative Yoga **C**
Kori • All Levels • Chakras Room **L**

****No Ashtanga practice on new or full moon days: Feb 4, Mar 6, Mar 20, Apr 5, Apr 19**

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

 Fitness  Pilates  Yoga

WHAT'S NEW

Look for the ▶ symbol next to the class titles to find new classes, updated times, or a switch in instructor. Classes may change without notice. For the most up to date weekly schedule - visit our website.

Welcome Back! Pilates powerhouse instructors, Lindsay, Sara, and Mandie, are back on nights and weekend!

Rhythm Ride is Here! We are excited to announce that Rhythm Ride has landed in the spin studio. Miguel & Genevieve bring the heat to evenings, while Melissa's morning classes add in more weights.

More Yoga Times! Early birds can join Collette for a Sunrise Yoga class on Tuesday, while lunchtime warriors will find more 60-minute classes like Vinyasa + Meditation and Vin + Yin with Anne W. and Collette on Mondays and Wednesdays.

Flexin' in Fitness Back by popular demand, Amid is bringing back KickBox to Tuesday mornings! Chad is adding more strength on Monday nights, while Hilary has you covered with a new class on Saturday mornings.

New Faces There are more than a few new faces to meet on this schedule. Join us and welcome Jordan to Tuesday night fitness classes and Morgan to the Saturday yoga line-up.

New Formats You will find the newest of the new class formats right here! Join Sara for a special self-care class Thursdays; Feldenkrais® - Awareness Through Movement® debuts weekly with Pat; plus Nicole brings a Functional HIIT to the mix.

CLASS DESCRIPTIONS

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.

Awareness Through Movement® • Pat

All Levels

Move beyond limitations. Find flexibility, balance, and posture through the Feldenkrais method. Similar to a moving meditation class, students can expect to find new ways to reduce/eliminate pain, improve performance, increase ease of movement, and improve sense of self-confidence and self-awareness.

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 • Varies

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!

Bodyweight Fitness • Jordan

All Levels

Taking you back to your roots and back into your body. No props or equipment needed -- only your bodyweight. Be ready for a challenge and experience a class filled with exercises that can go with you anywhere.

*Keep flipping
there's more!*



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 • Heather, Mandie • 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 • 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.

C 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 on the mat with emphasis on the core and total body toning with the Pilates fundamentals. It's the perfect complement to your current exercise routine. 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.

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.

▶ **Functional HIIT Circuit • Nicole**

All Levels

Combine interval training, cardio, and strength work to burn fat and build lean muscle in this quick 45-min high-intensity functional movement class.

C 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!

▶ **HIIT Fusion • Jordan**

Levels 2-3

This high-intensity workout will blend strength, speed, cardio, and agility training into one dynamic class. Come see how far you can push your body.

Indoor Cycling • Amy, Andrea, Kat
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, Sara • 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.

▶ **KickBox • Amid**
All Levels

KickBox is the cardio class you want and NEED! KickBox combines martial arts techniques with fast-paced cardio. This high energy workout challenges beginners and elite athletes. Build lean muscle, improve stamina, and coordination while burning calories. Let's sweat it out!

▶ **LimBarre • Jae Hoon**
All Levels

Kickstart your weekend with this 60-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.

▶ **Morning Movement • Hilary**
All Levels

This class contains dynamic stretches, light cardio, weights, and a core circuit. A combo of cardio machines, weights, stability balls, and resistance bands make this 45-min class move fast and gets you out the door ready to start your weekend.

▶ **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/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.

▶ **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 • Morgan**
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.

▶ **Recharge + Recover • Sara**
All Levels

This self-care class will utilize stretching, mobility, and self-massage to make lasting changes in your body. Each class will focus on a specific area of the body, learning techniques to alleviate aches, pains, and tension – leaving students twice as ready for that next workout.

C **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 • Genevieve, Miguel**
All Levels

It's ALL about the beat in this fun-filled cardio class. Challenge yourself in and out of the saddle and watch the sweat come pouring down. Light weights will be used for a quick blast of high endurance arm work mid-way through class. Expect to work hard and enjoy every minute!

▶ **Rhythm Ride + Strength/Express**
Melissa • All Levels

It's ALL about the beat in this fun-filled cardio and strength class. This twist on the traditional Rhythm Ride class will challenge your endurance on the spin bike plus increase full-body muscular strength with off-the-bike weight moves. Students must wear sneakers to make the transfer from bike to floor safe. Express classes fit it all in 45 minutes!

C **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.

▶ **Sunrise Yoga • Collette**
All Levels

Rise and shine in this alignment-based, mindful flow class. Emphasis will be on warming up the body for the day and connecting consciously with your breath. Leave feeling centered, invigorated and ready to meet your day!

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.

▶ **Total Conditioning • Amid**
All Levels

This is a strength conditioning class that emphasizes on constant-varied high intensity functional movement. Focus on cardio endurance, stamina, power, speed, coordination, agility, balance and accuracy to max your performance and tone your overall physique.

▶ **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.

▶ **Vin + Yin • Collette**
All Levels

The perfect way to beat the mid-week blues! Start your 60-minute practice with a creative Vinyasa flow before winding down with long held, supported stretches to relax your body and soothe your nervous system.

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.

▶ **Vinyasa Flow Yoga + Guided Meditation • Anne W.**
All Levels

This 60-minute Vinyasa flow class include guided meditation leaving you feeling grounded and rooted from the inside out.

C **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.

C **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.

****No Ashtanga practice on new or full moon days: Feb 4, Mar 6, Mar 20, Apr 5, Apr 19**

C **Denotes a Community Class.**
These discounted classes are included in Membership.

▶ **New/updated class!**

Class Types

▶ *Fitness Class*

▶ *Pilates Class*

▶ *Yoga Class*

HELPFUL HINTS

WELCOME! We want your class experience at Castle Hill Fitness to be the best ever! Read these helpful hints and if you ever have questions please let us know.

BEFORE YOUR CLASS

You can pre-register for classes online or in our Castle Hill Fitness app. Registration opens 48 hours in advance. If you can't make it you can cancel your online reservation 4 hours or more before class start time to avoid a cancellation fee.

DAY OF YOUR CLASS

- » Please arrive 15 minutes before the start of class to allow time to visit the restroom and get set up in the studio.
- » Check in at the front desk before class.
- » Allow classes or private lessons ahead of your class to exit before entering a studio space. There are waiting areas by each studio.
- » Late to class? Look for a "Class in Session" sign letting you know entrance is no longer permitted. Late arrivals are at the instructor's discretion and will vary between classes.

IN CLASS

Let your instructor know if this is your first class and/or have any limitations that may need a modification.

AND FINALLY...

- » Towels and water stations are available throughout the building.
- » Bring a friend! Make a friend! This is a great community and you are a part of it!
- » And most importantly...**HAVE FUN!**



JOIN THE COMMUNITY!

INSTAGRAM: @chfitness
FACEBOOK: @CastleHillFitness

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/Steam • Acupuncture • Rehab

Come and see why everyone loves us!

CHF
CASTLE HILL
FITNESS

1112 North Lamar Blvd. Austin, Texas 78703
3801 N. Capital of Texas Hwy, Ste i-100, Austin, Texas 78746
512-478-4567 • castlehillfitness.com

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 - 9 PM

FRI: 5:30 AM - 7 PM

SAT: 8:00 AM - 4 PM

SUN: 10:00 AM - 4 PM