



# CLASS SCHEDULE

JUN 1-AUG 31 2019

**CHF**  
CASTLE HILL  
FITNESS



# MONDAY

- ▶ 7:00–8:00AM **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**  
Carrie • All Levels • Multisport Room **L**
- ▶ 9:00–9:45AM **Move Well **C****  
Tara • All Levels • The Studio **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**
- 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**
- 5:30–6:15PM **Rhythm Ride**  
Genevieve • All Levels • Multisport Room **L**
- ▶ 5:30–6:15PM **Yoga Tone (Yoga + Weights)**  
Veera • All Levels • Lotus Room (heated class) **L**
- 6:00–6:55PM **Next Level Pilates**  
Lindsay • Levels 3-4 • Pilates Studio **L**
- 6:30–7:15PM **Functional HIIT Circuit**  
Nicole • All Levels • Multisport Room **H**
- ▶ 6:30–7:30PM **Vinyasa Flow Yoga**  
Veera • 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**  
Morgan • All Levels • Lotus Room **L**

▶ 8:00–8:45AM

**Morning Movement**  
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**  
Deborah • 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

▶ 6:15–6:45AM

**Cardio Blast**  
Hilary • All Levels • Lotus Room **H**

▶ 7:00–8:00AM

**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**

## WEDNESDAY cont.

- ▶ 10:00–10:55AM **Rhythm Ride + Strength**  
Melissa • All Levels • Multisport Room **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–1:00PM **Hatha Flow Yoga**  
Angie • All Levels • The Studio **L**
- ▶ 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**
- ▶ 5:45–6:30PM **Move Well** **C**  
Tara • All Levels • The Studio **L**
- ▶ 6:00–6:45PM **Rhythm Ride**  
Miguel • All Levels • Multisport Room **L**
- ▶ 6:30–7:30PM **Vinyasa Flow Yoga**  
Jenn • Levels 2-3 • Chakras Room **L**
- ▶ 7:00–7:45PM **Functional HIIT Circuit**  
Nicole • All Levels • Multisport Room **H**

## 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**
- ▶ 8:00–8:45AM **Morning Movement**  
Hilary • All Levels • Multisport Room **H**
- ▶ 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**
- ▶ 10:00–11:15AM **Functional Medicine Yoga**  
Morgan • All Levels • The Studio **L**

- ▶ noon–12:55PM **Intermediate Pilates Equipment**  
Jae Hoon/Clear • Levels 2-3 • Pilates Studio **L**
- ▶ noon–1:00PM **Slow Flow Yoga** **C**  
Anne W. • All Levels • Chakras Room (heated class) **L**
- ▶ 12:15–1:00PM **Strength Circuit Express**  
Hilary • All Levels • Lotus Room **L**
- ▶ 5:30–6:15PM **Yoga Tone (Yoga + Weights)**  
Veera • All Levels • Lotus Room (heated class) **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**
- ▶ 6:30–7:30PM **Castle Barre**  
Veera • All Levels • Lotus Room **L**

## FRIDAY

- ▶ 6:30–7:15AM **Ultimate HIIT Express**  
Chad • Levels 2-3 • The Studio **H**
- ▶ 7:00–8:00AM **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 1-2 • Chakras Room **L**
- ▶ 10:00–10:45AM **Plyo Burn Express**  
Amid • Levels 2-3 • Multisport Room **H**
- ▶ noon–1:00PM **Classical Mat Pilates** **C**  
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**  
Morgan • All Levels • Lotus Room **L**
- ▶ 6:00–6:55PM **Advanced Pilates Equipment + Strength**  
Lindsay • Levels 3-4 • Pilates Studio/Multisport **L**

# SATURDAY

- ▶ 8:00–8:30AM **Abs + Arms**  
Veera • All Levels • Multisport Room **L**
- 8:15–9:00AM **Morning Movement**  
Hilary • All Levels • Lotus Room **H**
- ▶ 8:45–9:45AM **Indoor Cycling**  
Veera • All Levels • Multisport Room **L**
- ▶ 9:00–9:55AM **Beginner Pilates Equipment**  
Sara • 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**
- 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**
- ▶ 11:00–12:15PM **Functional Medicine Yoga**  
Morgan • All Levels • 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**

## SMALL GROUPS

**FIND YOUR SQUAD** If you're curious about personal training but want a more affordable option - try drop-in small group training! Small groups offer personal attention at a great price. See our current schedule below or check our website and the app for the most up to date weekly offerings:

### HOW TO SIGN UP

You can pre-register for small groups online or in our Castle Hill Fitness app. Registration opens 7 days in advance. Because this is similar to personal training, cancellations are required 24 hours in advance.

### SCHEDULE

<b>MONDAY</b>	noon–1:00PM	<b>Inner Athlete</b> Robert • Main Gym
	noon–1:00PM	<b>Ballet Barre</b> Jae Hoon • Lotus Room
	5:00–5:55PM	<b>Perfecting Pilates Transitions</b> Jae Hoon • Pilates Studio
<b>TUESDAY</b>	noon–1:00PM	<b>Inner Athlete</b> Robert • Main Gym
<b>THURSDAY</b>	9:30-10:00AM	<b>Suspension Training Total Body</b> Tara • Multisport Room (starts June 20)
	noon–1:00PM	<b>Inner Athlete</b> Robert • Main Gym
<b>FRIDAY</b>	10:30–11:00AM	<b>8-Station Circuit</b> Tara • The Studio (starts June 21)

Read the full descriptions of these workouts online or in the app.

### DROP-IN SMALL GROUP PRICING

30-minute workouts (member/non-member)

One class.....\$28, \$33

4-pack.....\$80, \$120

60-minute workouts (member/non-member)

One class.....\$41, \$46

4-pack.....\$120, \$160

## 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!** Pilates instructor Deborah adds an evening while Sara slays Saturdays. Also Clear joins in on Thursdays at noon!

**Get Moving** We are excited to see Elite Trainer and Health Coach, Tara Penawell, join the group schedule. Her Monday AM and Wednesday PM **Move Well** class focuses on increasing your mobility and quickness.

**New Faces** There are a few new faces to meet on this schedule. We welcome yoga teacher Angie on Wednesdays and fitness instructor Veera to multiple times and formats. Find them teaching at both locations this summer!

**Hey Early Birds** Chad and Hilary will bring some spark to your sunrise each adding fitness classes in the 6 o'clock hour.

**Cycle Changes** Kickstart your week with new spin teacher, Carrie on Mondays while Miguel and Veera keep you pedaling strong on Wednesdays and Saturdays.

**More is More!** Nicole adds more Functional HIIT classes, Jae Hoon brings more Pilates Mat, Hilary adds more Morning Movement, Lindsay adds a Friday Pilates fusion, and Morgan brings functional fitness to yoga with her Functional Medicine Yoga! Did we mention a Thursday PM Barre? Yup! that too!

**Missing Someone?** Some teachers pared down their schedules. We support them in their efforts to recharge and take breaks. Fall will bring them and the classes you love back.

## CLASS DESCRIPTIONS

▶ **Abs + Arms • Hilary, Veera**  
**All Levels**

Crunched for time? This 30 minute class will tone you from the waist up!

▶ **Advanced Pilates + Strength • Lindsay**  
**All Levels**

It's a Friday night fitness party with this class! Intense cardio and strength workout using suspension training while reaping all the stretching and stability benefits on the Pilates equipment. Combo class for the win!

**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.

▶ **Beginner Pilates Equipment • Sara**  
**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.

▶ **Cardio Blast • Hilary**  
**All Levels**

Work your entire body and rev up your metabolism for the day in a quick 30-min blast. This class keeps you moving between sets on and off the treadmill, elliptical, and fast moving body weight and plyometric moves.

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 • Deborah, 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, Veera**

#### **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.

### Ⓢ **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.

### ▶ **Functional Medicine Yoga • Morgan**

#### **All Levels**

This practice takes a functional approach to movement while delivering a therapeutic yoga experience. Class will incorporate dynamic asana, structural alignment, myofascial release, and breath work to facilitate the body's natural healing mechanisms. Ideal for beginners or those with injuries.

### Ⓢ **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.

### ▶ **Hatha Flow Yoga • Angie**

#### **All Levels**

Classes follow an arc that will include centering, being embodied in a challenging and replenishing way, and then time to calm the nervous system - leaving you feeling both energized and peaceful. Variations offered for both beginner and intermediate students!

### ▶ **Happy Hour Yoga • Morgan**

#### **All Levels**

Your weekend starts here! With a fun flow and playful playlist Morgan 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 • Carrie, Veera**

#### **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.

### ▶ **Intermediate Pilates Equipment**

#### **Clear, 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!

### **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 go fast and gets you out the door ready to start the day!

### ▶ **Move Well • Tara**

#### Ⓢ **All Levels**

Improve your body awareness and challenge your mind. Class will focus on movement prep, mobility, agility training, functional games, and quickness.

### **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!

**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 • 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!

▶ **Slow Flow Yoga • Anne W., 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 Express • Hilary  
All Levels**

This express workout alternates strength circuits between upper body, lower body, full body, and core. Each circuit will be different than the last keeping it fun and your body craving more!

▶ **Sunrise Yoga • Morgan  
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!

▶ **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/Express • 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! Express classes fit it all in just 45 minutes.

**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 • Ben, Jenn,  
Veera**

**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.

**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) • Veera  
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.

**BEAT  
the  
HEAT**

**3-MONTH SPECIAL ON  
SUMMER MEMBERSHIPS!**

*Available between Jun 1 - Aug 31*

Premier Level \$329, VIP Level \$429  
or get a monthly massage  
with VIP Plus for \$559!




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

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

▶ *New/updated class!*

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

**Class Types**

 Fitness Class  
 Pilates Class  
 Yoga Class

**\*\* No Ashtanga practice on new or  
full moon days: Jun 3, Jun 17,  
Jul 31, Aug 30**

## 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
<i>(includes 6 classes. \$8/class after that, or \$70 for a 10-pack)</i>	
VIP Level.....	\$139/mo
<i>all classes included (&amp; 10% off workshops &amp; series)</i>	
VIP Plus! Level.....	\$199/mo
<i>all VIP benefits PLUS a 60-min massage per month</i>	
Couples & Families.....	save 10%
Students/Educators/Military.....	save 20%
\$149 One-Time Enrollment Fee • No commitment • Full details online	

ACCESS TO BOTH LOCATIONS. SEE 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

512-478-4567 • [castlehillfitness.com](http://castlehillfitness.com)

### DOWNTOWN

1112 N. LAMAR BLVD  
AUSTIN, TX 78703

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

### 360 & WESTLAKE

3801 N. CAP. OF TX HWY, STE I-100  
AUSTIN, TX 78746

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