









# CLASS SCHEDULE

AUG 26—DEC 22 2019

**CHF**  
CASTLE HILL  
FITNESS





# MONDAY

- 6:00–6:45AM **Cycle Express**   
Danny • All Levels • Cycle Studio 
- ▶ 8:30–9:20AM **Recess**   
Danny • Levels 2-3 • The Big Room 
- 8:30–9:20AM **Mindful Movement**  
Laurie • All Levels • Mind/Body Studio 
- 9:30–10:20AM **Aqua FIT**  
Ali • All Levels • H<sub>2</sub>O Studio 
- 9:30–10:30AM **Barre Above**  
Michele • All Levels • Mind/Body Studio 
- ▶ 9:30–10:30AM **Rhythm Ride**   
Stephanie • All Levels • Cycle Studio 
- 9:30–10:25AM **TABATA Strength**  
Tonja • Levels 2-3 • The Big Room 
- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room 
- ▶ 10:45–11:45AM **Yoga Fundamentals**  
Veera • All Levels • Mind/Body Studio 
- ▶ 12:15–1:00PM **Cycle + Strength**   
Stephanie • All Levels • Cycle Studio/The Big Room 
- 5:00–6:15PM **Yoga Strength & Flow**  
Michele • All Levels • Mind/Body Studio 
- 6:30–7:25PM **Pilates Sculpt**  
Celeste • Levels 2-3 • Pilates Studio 
- 6:30–7:25PM **Strength Circuit**    
Jeremy • All Levels • The Big Room 
- 7:00–7:45PM **Heartfulness Meditation** *Free to All*  
Ragini • All Levels • Mind/Body Studio 



# TUESDAY

- 5:45–6:45AM **Group Power**®  
Tonja • All Levels • The Big Room 
- 8:30–9:25AM **Advanced Mat Pilates**  
Celeste • Level 3 • Mind/Body Studio 
- 8:30–9:20AM **Everybody Dance**   
Sam • All Levels • The Big Room 

## TUESDAY CONTINUED...

- 9:30–10:30AM **Group Power**®  
Michele • All Levels • The Big Room 
- 10:30–11:25AM **Yoga Reboot**  
Laurie • All Levels • Mind/Body Studio 
- 12:15–1:00PM **Recess**   
Veera • All Levels • The Big Room 
- ▶ 5:30–6:25PM **Cardio Burn**   
Clark • Levels 1-2 • The Big Room 
- 5:30–6:30PM **Power Ride**   
Bryan • All Levels • Cycle Studio 
- ▶ 6:30–7:25PM **Barre Remix**  
Celeste • All Levels • Mind/Body Studio 

# WEDNESDAY

- 6:00–6:55AM **Cycle Café**   
Clark • All Levels • Cycle Studio 
- 8:30–9:30AM **Group Power**®  
Ali • All Levels • The Big Room 
- 9:30–10:20AM **Aqua FIT**  
Veera • All Levels • H<sub>2</sub>O Studio 
- 9:30–10:30AM **Barre Above**  
Julie • All Levels • Mind/Body Studio 
- 9:30–10:30AM **Power Ride**   
Tonja • All Levels • Cycle Studio 
- 10:45–11:40AM **Beginner Mat Pilates**  
Julie • Beginner • Mind/Body Studio 
- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room 
- ▶ 12:15–1:00PM **Strength Circuit**   
Jeremy • All Levels • The Big Room 
- 5:00–6:15PM **Yoga Strength & Flow**  
Michele • All Levels • Mind/Body Studio 
- 6:30–7:25PM **Beginner Pilates Equipment**  
Celeste • Beginner • Pilates Studio 
- 6:30–7:25PM **Strength Circuit**   
Jeremy • All Levels • The Big Room 
- 6:30–7:25PM **Zumba**  
Veera • All Levels • Mind/Body Studio 

# THURSDAY

- 5:45–6:45AM **Group Power®**  
Tonja • All Levels • The Big Room **L**
- ▶ 7:00–7:55AM **Sunrise Yoga**  
Veera • All Levels • Mind/Body Studio **L**
- 8:00–8:55AM **Intermediate Mat Pilates**  
Veera • Levels 2-3 • Mind/Body Studio **L**
- 8:30–9:20AM **Everybody Dance** **ML**  
Sam • All Levels • The Big Room **L**
- 9:30–10:30AM **Bring Your 'A' Game!** **ML**  
Clark • All Levels • The Big Room **H**
- 9:30–10:45AM **Gentle Yoga Deep Stretch**  
Erin • All Levels • Mind/Body Studio **L**
- ▶ 9:30–10:30AM **Rhythm Ride** **ML**  
Stephanie • All Levels • Cycle Studio **L**
- noon–12:55PM **Beg/Int Pilates Equipment**  
Celeste • Levels 1-2 • Pilates Studio **L**
- 12:15–1:00PM **High/Low Cardio & Strength** **ML**  
Jeremy • All Levels • The Big Room **H**
- ▶ 5:30–6:25PM **Cardio Burn** **ML** **C**  
Clark • Levels 2-3 • The Big Room **H**
- 5:30–6:30PM **Power Ride** **ML**  
Bryan • All Levels • Cycle Studio **L**
- 6:30–7:30PM **Yoga Fundamentals**  
Summer • All Levels • Mind/Body Studio **L**

# FRIDAY

- 6:00–6:55AM **Yoga Fusion**  
Laurie • All Levels • Mind/Body Studio **L**
- 8:30–9:20AM **TABATA Burn** **ML**  
Erica • 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**
- 9:30–10:30AM **Barre Above**  
Julie • All Levels • Mind/Body Studio **L**
- 9:30–10:30AM **Group Power®**  
Ali • 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
- ML** Myzone Powered
- ML** Myzone Compatible

### Class Types

- ▶ Fitness
- ▶ Pilates
- ▶ Yoga

▶ Denotes a new or updated class!

- 9:30–10:30AM **Rhythm Ride** **ML**  
Michele • All Levels • Cycle Studio **L**
- 10:45–11:45AM **Vinyasa Flow Yoga**  
Erica • Levels 2-3 • Mind/Body Studio **L**
- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room **L**
- noon–1:00PM **Hatha Flow Yoga**  
Angie • All Levels • Mind/Body Studio **L**

# SATURDAY

- 8:15–9:15AM **Cardio Interval Pilates**  
Celeste • All Levels • Pilates Studio **L**
- 8:15–9:15AM **High/Low Cardio & Strength** **ML**  
Jeremy • Levels 2-3 • The Big Room **H**
- 8:30–10:00AM **Cycle + KRANK + Row** **ML**  
Bryan • All Levels • Cycle Studio **L**
- 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 **Strength & Shred** **ML**  
Danny • Levels 2-3 • The Big Room **H**
- 1:00–2:00PM **Restorative Yoga**  
Kori • All Levels • Mind/Body Studio **L**

# DROP-IN SMALL GROUPS

**FIND YOUR SQUAD** If you're curious about personal training but want a more affordable option - try our drop-in ongoing small groups! Small groups offer personal attention at a great price.

## 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.

## THURSDAY

6:30-7:00AM

**Get Kranked**  
Bryan • *Small Group Room*

11:05-12:05PM

**Stable & Strong**  
Laurie • *Small Group Room*

## FRIDAY

11:45-12:15PM

**Defy Gravity**  
Michele • *Small Group Room*

Pricing for these workouts is located on the back cover. Check the website or app for the most up to date schedule.

## MONDAY

▶ 9:00-10:00AM **Gravilates**  
Melissa • *Small Group Room*

▶ 10:30-11:30AM **Kinesis/Gravity Fusion**  
Michele • *Small Group Room*

▶ noon-12:30PM **Game Day, Every Day**  
Leslee • *The Big Room*

▶ 5:30-6:30PM **Classical Pilates**  
Celeste • *Pilates Studio*

## TUESDAY

▶ 6:30-7:00AM **Get Kranked**  
Bryan • *Small Group Room*

▶ 7:00-8:00AM **Build It, Burn It**  
Tonja • *Small Group Room*

▶ 11:30-12:30PM **ISO Pilates**  
Melissa • *Mind/Body Studio*

▶ 11:30-12:30PM **Level Up Pilates**  
Celeste • *Pilates Studio*

## WEDNESDAY

▶ 6:30-7:30AM **Athletic Stretch**  
Laurie • *Mind/Body Studio*

▶ 9:00-10:00AM **Krank + TRX®**  
Bryan • *Small Group Room*

▶ 9:00-10:00AM **Master Your Practice**  
Melissa • *Pilates Studio*

▶ 10:30-11:30AM **Functional Strength**  
Veera • *Small Group Room*

▶ 11:30-noon **D.A.S.H.**  
Jeremy • *Small Group Room*

▶ 5:30-6:30PM **HIIT Pilates**  
Celeste • *Pilates Studio*

▶ 5:30-6:00PM **TRX® Core**  
Danny • *Small Group Room*

### Athletic Stretch • Laurie

Full body stretch with a yoga vibe plus props like foam rollers!

### ▶ Build It, Burn It • Tonja

Build muscle, burn calories with this circuit style jam-packed workout.

### ▶ Classical Pilates • Celeste

The Classic Pilates repertoire on the reformer and mat. Great for beginners.

### ▶ D.A.S.H. • Jeremy

Dynamic. Aerobic. Sprint. HIIT. This running plus strength workout is super effective!

### ▶ Defy Gravity • Michele

Your bodyweight vs. gravity in this strong, simple, and sweaty workout.

### ▶ Functional Strength • Veera

Utilizing your entire body in strength work is the goal and variety is the key.

### ▶ Game Day, Every Day • Leslee

Every class is a unique challenge of strength and balance.

### ▶ Get Kranked • Bryan

Uses the Krankcycle to build core awareness and upper body strength.

### ▶ Gravilates • Melissa

Pilates meets traditional strength movements using the Total Gym & more!

### ▶ HIIT Pilates • Celeste

A high-intensity class on the Pilates equipment. Get ready to be breathless!

### ▶ ISO Pilates • Melissa

One-part challenging isometric moves, one-part upright Pilates on the gladiator bars.

### ▶ Kinesis/Gravity Fusion • Michele

Increase full body strength and challenge your balance with this combo.

### ▶ Krank + TRX® • Bryan

An energetic total body workout using Krankcycles and TRX suspension units.

### ▶ Level Up Pilates • Celeste

For practitioners that already have experience and are looking for more challenging Pilates exercises.

### ▶ Master Your Practice • Melissa

An intermediate technique-focused Pilates workout on the equipment.

### ▶ Stable & Strong • Laurie

Lots of modifications are offered in this stability, mobility, and cardio workout.

### ▶ TRX® Core • Danny

Quick core conditioning using the TRX.

*Full descriptions available online.*

## 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.

**So Many Small Groups!** Small group training got a huge addition of class types for Fall. Grab a package of 4 and jump in to any of the 18 options. These specially priced workouts feature specialty equipment like TRX, Total Gym, Krankcycles, Pilates Equipment, and more for members and non-members.

**More Play, More Yay!** An additional Recess class makes its way to Mondays. Join Danny in this ever popular format that is inspired by the best part of school.

**Welcome** Say hello to more Rhythm Ride classes and a new spin instructor, Stephanie, on weekdays.

**Early Morning Yoga** Veera guarantees a good morning with her new Sunrise Yoga class on Thursdays at 7am.

**Get in the Zone** Look for the  icon to find classes that are powered by Myzone. This wearable technology tracks your effort and moves to maximize your exercise time in the club. Classes with the  icon are compatible to Myzone but no belt is required.


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

 **High Impact**  **Low Impact**

▶ **New/updated class!**

 **Myzone Powered**

 **Myzone Compatible**

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

**Class Types**

 **Fitness**  **Pilates**  **Yoga**

# 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, Veera, 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.

## ▶ Barre Remix • Celeste All Levels

Shake off your workday with an eclectic dance class that uses props and free weights to build endurance. Sure to get you in the groove for a great evening!

## 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 • Celeste 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.

## ▶ Cardio Burn • Clark Levels vary by class

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

**Cardio Interval Pilates • Celeste**  
*All Levels*

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 • Stephanie**  
*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 it's above 50°, meet us out on the deck!

**Cycle Café • Clark**  
*All Levels*

Better than a shot of espresso to start your day, Clark's hilly 55-min rides will get you ready for your midweek battles!

**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 workouts that blends Pilates and strength moves to wake up your core. This workout uses props to gain you strength and stability while staying low impact and easily modified.

**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, Michele, Tonja**  
*All Levels*

This highly effective, results-driven strength training workout utilizes adjustable barbells, weight plates, & bodyweight exercises, set to bumping music.

**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!

**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, and med balls to keep the body guessing!

**Intermediate Mat Pilates • Veera**  
*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**  
*All Levels*

Strengthen the brain/body connection with a class focused on balance, posture, gait, and bodyweight moves. Laurie also throws in good ol' stretching.

**Pilates Sculpt • Celeste**  
*Levels 2-3*

Classic Pilates exercises sculpt from head to toe in a fun and lighthearted way. 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 • Danny, Veera**  
*Levels vary by class*

Inspired by the best part of school! Expect to get a full body workout, use a variety of equipment each week like jump ropes, and to have fun!

**Restorative Yoga • Kori**  
*All Levels*

This class focuses on supported postures with the aid of props to support the body in releasing tension. Beneficial for stress reduction and for anyone looking to take a meaningful break from a busy life.

▶ **Rhythm Ride • Michele, Stephanie**  
*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 & Shred • Danny**  
*Levels 2-3*

Cardio and strength, get it all done in one fun class! Danny will push you as you sweat out your Sunday with a smile in this two-fold circuit class.

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

Lift your fitness with this strength building class that moves through a circuit of stations. We switch up props each week to keep your workout fresh! Please no injuries and be ready to work! Monday is C

C **Stretch & Shine Yoga • Erin**  
*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.

▶ **Sunrise Yoga • Veera**  
*All Levels*

Rise and shine in this alignment based, mindful flow class. We will warm up the body and connect consciously with your breath. Leave feeling centered, invigorated and ready to meet your day!

**TABATA Burn • Erica**  
*Levels 2-3*

Come ready to sweat! This intense tabata class is all cardio based. Erica's vast toolbox of moves will keep you on your toes!

**TABATA Strength • Tonja**  
*Levels 2-3*

Build muscle and turn up your metabolism in this interval circuit combination class. Something new each week to keep your body guessing.

**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 • Summer, Veera**  
*All Levels*

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**  
*Levels 2-3*

An evolving form of Hatha yoga that focuses on linking breath and movement. Focus on strength and endurance, alongside the usual elements of flexibility, balance, and alignment.

**Zumba® • Veera**  
*All Levels*

Ditch the workout, join the party! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

## WHAT’S MYZONE?

*MYZONE is the most relevant and versatile fitness tracker on the market. Find a new way to ensure you get the most out of every single workout!*

*Myzone is an affordable, innovative wearable strap and phone app that uses wireless based technology to monitor heart rate, calories, time exercising, and effort.*

**WHY GET A MYZONE STRAP?**

- 99.4% accurate, more than Apple Watch
- Get detailed workout summaries
- Join in friendly competitions
- Stay connected with a trainer
- Sweatproof/waterproof
- Pre-made workouts available
- Compatible with gym equipment
- 3-month battery life



## 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 and Herbal Medicine
- Ashiatsu, Deep Tissue, Pregnancy, and Swedish Massage
- Muscle Activation Technique (M.A.T.)
- Metabolic Testing, Nutrition, and Health 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

## CHILDCARE

*Childcare at 360 is included at every membership level and is available a la carte for those without a membership. Our childcare room has safe and natural toys from Melissa & Doug, books, and play areas for infants 6 weeks and older. Reservations can be made 24 hour in advance by calling the studio phone. Times start on the hour and half-hour.*

One visit..... \$8

10 visit card ..... \$50

SEE OUR FULL LIST OF GUIDELINES & POLICIES ONLINE

## 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 are available at the front desk 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)
VIP Plus! Level.....	\$199/mo all VIP benefits PLUS a 60-min massage per month
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)

### DROP-IN SMALL GROUPS

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

PRICING DOES NOT INCLUDE SALES TAX





## 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