



DOWNTOWN



CLASS SCHEDULE

SEP 1-DEC 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**
Jennifer • All Levels • Multisport Room **L**
- ▶ 8:00–9:15AM **Beyond Yoga**
Jerry B. • 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**
- ▶ 10:00–11:15AM **Inspired Shakti™ Yoga Flow**
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 M. • 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 **All Levels Pilates Equipment**
Sara • All Levels • 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 **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**
- ▶ 10:00–11:15AM **Kundalini Yoga & Sound**
Kirtan • All Levels • The Studio **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 **HIIT Sprint**
Keith • All Levels • Martial Arts Room **H**
- 6:00–6:55PM **Cardio Pilates Circuit**
Deborah • All Levels • Pilates Studio **L**
- ▶ 6:15–7:00PM **Total Body Strength**
Keith • All Levels • The Studio **L**
- 6:45–7:50PM **Alignment/Iyengar Yoga**
Gillian • All Levels • Lotus Room **L**

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

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**
- ▶ 8:00–9:15AM **Beyond Yoga**
Jerry B. • All Levels • The Studio **L**
- 9:00–9:45AM **Sweaty Weights & Stretch**
Hilary • All Levels • Lotus Room (heated class) **L**
- ▶ 10:00–11:15AM **Inspired Shakti™ Yoga Flow**
Maricarmen • Levels 2-3 • The Studio (heated class) **L**
- 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**
- ▶ 1:15–2:15PM **Yin Yoga Deep Stretch **C****
Angie • All Levels • The Studio **L**
- ▶ 5:15–6:00PM **Cardio Sculpt**
Amid • All Levels • The Studio **H**
- ▶ 5:30–6:30PM **Yoga Wall**
Anna • All Levels • The Lotus Room **L**
- 6:00–6:45PM **Rhythm Ride**
Miguel • All Levels • Multisport Room **L**
- ▶ 6:15–7:15PM **Breathwork & Sound Bath (2nd Wednesday)**
Kirtan • All Levels • The Studio **L**
- ▶ 6:15–6:45PM **KickBox**
Amid • All Levels • Martial Arts **H**
- 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**
- 7:00–7:45AM **Cycle Barre**
Hilary • All Levels • Multisport Room **L**
- 7:00–7:30AM **KickBox**
Amid • All Levels • Martial Arts **H**
- ▶ 7:30–8:30AM **Sunrise Yoga**
Collette • All Levels • Lotus 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 **Kundalini Yoga & Sound**
Kirtan • All Levels • The Studio **L**
- ▶ noon–12:55PM **Intermediate Pilates Equipment**
Clear • Levels 2-3 • Pilates Studio **L**
- noon–1:00PM **Slow Flow Yoga **C****
Anne M. • All Levels • Chakras Room (heated class) **L**
- 12:15–1:00PM **Strength Circuit Express**
Hilary • All Levels • Multisport Room **L**
- ▶ 5:30–6:15PM **Move Well **C** starts Sep 19**
Tara • 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 **Cardio Pilates Circuit**
Heather/Jaime • All Levels • Pilates Studio **L**
- ▶ 6:15–7:00PM **Total Body Strength**
Keith • All Levels • The Studio **L**
- 6:30–7:30PM **Castle Barre**
Veera • All Levels • Lotus Room **L**

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.

FRIDAY

- ▶ 6:15–6:45AM **Cardio Blast**
Hilary • All Levels • The Studio **H**
- 7:00–8:00AM **Ashtanga Mysore Yoga****
Juan • Mixed Levels • Chakras Room **L**
- ▶ 7:00–7:45AM **Target Toning Express**
Hilary • All Levels • The Studio **L**
- ▶ 8:00–9:15AM **Beyond Yoga**
Jerry B. • All Levels • The Studio **L**
- ▶ 8:00–8:45AM **Cycle Barre**
Hilary • 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–12:55PM **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**
Collette/Morgan • All Levels • Lotus Room **L**

SATURDAY

- ▶ 8:05–8:35AM **Abs + Arms**
Veera • All Levels • Multisport Room **L**
- ▶ 8:15–9:00AM **SHRED**
Chad • 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**

SATURDAY cont.

- 9:30–10:30AM **Vinyasa Flow Yoga**
Jenn • Levels 1-2 • Lotus Room **L**
- ▶ 10:00–10:45AM **Castle Strength**
Chad • Levels 2-3 • Multisport Room **L**
- 10:00–10:55AM **Intermediate Pilates Equipment**
Sara • Levels 2-3 • Pilates Studio **L**
- 10:30–11:50AM **Yin Yoga Deep Stretch **C****
Kate • All Levels • Chakras Room **L**
- 11:00–12:15PM **Functional Medicine Yoga**
Morgan • All Levels • Lotus Room **L**
- ▶ 11:00–11:45AM **Ultimate Tabata**
Chad • Levels 2-3 • Multisport Room **H**
- ▶ 12:15–1:00PM **Rhythm Ride + Strength Express**
Miguel • 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**
- ▶ noon–12:55PM **Next Level Pilates**
Lindsay • Levels 3-4 • The Pilates Studio **L**
- 5:30–6:50PM **Restorative Yoga **C****
Kori • All Levels • Chakras Room **L**

HOWDY, HELLO!

Say hello to some new teachers! We are excited to welcome Jerry and Kirtan to Yoga, Jaime to Pilates, and Jennifer to the fitness programs.

Many teachers return in full force this Fall so let's give them a warm welcome back! Maricarmen and Collette return to yoga, Chad and Amid add back weekday evenings, and Hilary brings the heat to Fridays and Small Groups. Did we mention Lindsay on Sundays? Yaas!

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.

TUESDAY

- ▶ 6:00–7:00AM **Lean Machine**
Hilary • Main Gym
- ▶ noon–1:00PM **Inner Athlete**
Robert • Main Gym
- ▶ 5:00–6:00PM **Ballet Barre**
Jae Hoon • The Studio

THURSDAY

- ▶ 6:00–7:00AM **Lean Machine**
Hilary • Main Gym
- ▶ 9:30–10:00AM **TRX® Tone Up** *starts Sep 19*
Tara • Multisport Room
- ▶ noon–1:00PM **Inner Athlete**
Robert • Main Gym

FRIDAY

- ▶ 10:30–11:00AM **Metabolic Circuit** *starts Sep 20*
Tara • The Studio

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

▶ Ballet Barre • Jae Hoon

Classic ballet barre will help align your spine and tone your muscles. No dance experience is needed. All levels welcome. Bring ballet shoes or socks.

▶ Metabolic Circuit • Tara

Combination of agility, strength, and cardio to torch fat and add lean muscle.

▶ Lean Machine • Hilary

Rotate between cardio and weight machines in a workout designed to build all the lean muscle..

▶ Inner Athlete • Robert

Tap into your inner athlete and hit all your goals. Full body strength and conditioning class guaranteed to make you work.

▶ TRX® Tone Up • Tara

Full body strength workout utilizing your own body weight to improve strength, core stability, and muscle tone. Easy to scale for any level.

CLASS DESCRIPTIONS

Abs + Arms • Hilary, Veera 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. The focus is on alignment and sequencing with the use of props and precise instruction. Some classes use the Yoga Wall.

▶ All Levels Pilates Equipment • Sara All Levels

Come one, come all. Explore the Pilates repertoire using the reformer, chair, and tower. Ideal for beginner to advanced students. Modifications will be given.

Ashtanga Mysore Yoga** • Juan Mixed Levels

Mysore style engages students in a self-paced, individualized practice in a group setting. This class format allows for each student to move at their own pace and to receive adjustments from the teacher. Beginners are welcome.

▶ Barbell Strength • Chad All Levels

Build full body strength with the godfather of all weightlifting props – the Barbell. You will use our group-ex set of barbells and dumbbells in compound movements designed to improve strength. Modifications will be given.

Beginner Pilates Equipment • 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.

▶ Beyond Yoga • Jerry B. All Levels

Not your typical yoga class. Try this seasonal holistic practice developed with each student's needs in mind. Great starting point for those new to yoga.

▶ 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.

▶ Breathwork & Sound Bath • Kirtan All Levels - 2nd Weds of each month

An evening of nurturing through breath and sound. Indulge in guided meditation flowing into a sound bath with gong, crystal bowls, and chimes.

Keep flipping
there's more!



▶ **Cardio Blast • Hilary**
All Levels

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.

▶ **Cardio Carve • Chad**
Levels 2-3

This creative circuit training class will alternate between the cardio you want, and the carving strength moves you need! Get ready to raise your heart rate with explosive movements then switch to form-focused strength exercises.

▶ **Cardio Pilates Circuit • Deborah, Heather, Jaime • 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! Modifications will be given for each exercise.

▶ **Castle Barre • Hilary, Veera**
All Levels

This energetic workout uses the ballet barre to tone and sculpt your entire body. We will use 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.

◻ **Classical Pilates Mat • Jae Hoon**
All Levels

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

▶ **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”.

▶ **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

Take a functional approach to movement. 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 all.

▶ **Happy Hour Yoga • Collette/ Morgan** *All Levels*

With a fun flow and playful playlist, Collette and Morgan get your weekend off to a great start. A light-hearted, full bodied class, this class pairs nicely with whatever kind of week you’ve had!

▶ **HIIT Sprint • Keith**
All Levels

Alternate between sprints and hill climbs on the treads with total-body circuits using free weights, med balls, and more! This is a high-intensity class but modifications will be given for all levels.

▶ **Indoor Cycling • Jennifer, 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.

▶ **Inspired Shakti™ Flow Yoga • Maricarmen • Levels 2-3**

A full spectrum, in-depth Vinyasa flow practice that encourages each student to dive deep and explore. Using creative and classic asana sequencing to inspire transformation on the mat and in life.

▶ **Intermediate Pilates Equipment**
Clear, Heather, 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.

▶ **Kundalini Yoga & Sound • Kirtan**
All Levels

Sometimes called the “Yoga of Awareness”, Kundalini helps repair the nervous system, give mental clarity, and center the body and mind. Each class includes asana, breathwork, and sound relaxation.

▶ **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*

This challenging workout focuses on strength, speed, agility, functional movement patterns, and play. Develop a deeper mind/body connection that translates to everyday life.

▶ **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.

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.

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 high endurance arm work mid-way through class. Expect to work hard and enjoy every minute!

▶ Rhythm Ride + Strength/Express
Melissa, Miguel • All Levels

This 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!

▶ SHRED • Chad
All Levels

Strength. HIIT. Resistance. Endurance. Determination. Class begins with an active flow followed by 4 circuits. Expect to work with bands, dumbbells, kettlebells, med balls, and treadmills.

C Slow Flow Yoga • Anne M., 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 • Collette
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!

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 in just 45 minutes. You'll complete exercises with light weights, resistance bands, and your own body to achieve the trim and toned look you want.

▶ Total Body Strength • Keith
All Levels

Push your strength and endurance to the next level! This class is designed to build and define muscle with strength-focused circuits interspersed with high-intensity intervals. Expect a total-body burn!

Ultimate HIIT Express • Chad
Levels 2-3

Dig deep, you are stronger than you think you are! In this class 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

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, Collette, Jenn
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 M.
All Levels

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

C Yin Yoga Deep Stretch • Angie, 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 • Collette, 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.

▶ Yoga Wall • Anna
All Levels

Yoga Wall is a therapeutic practice which uses the wall, straps, and harnesses as the primary props. These props support you to stay in postures for longer resulting in a deeper stretch.




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: Oct 14, Oct 28, Dec 25**

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 (& 10% off workshops & 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%
<i>\$149 One-Time Enrollment Fee • No commitment • Full details online</i>	

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 GROUP TRAINING

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

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



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

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