



# CLASS SCHEDULE

JAN 1 - MAY 31, 2020

**CHF**  
CASTLE HILL  
FITNESS

# MONDAY

- 6:00–6:45AM **Cycle Express** **Danny** • All Levels • Cycle Studio
- ▶ 8:30–9:15AM **Castle KICK** **Ali** • Levels 2-3 • The Big Room
- ▶ 8:30–9:15AM **Yoga Tone (Yoga + Weights)** **Erin F.** • 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

- ▶ 6:00–7:00AM **Group Power**<sup>®</sup> **Tonja** • All Levels • The Big Room
- ▶ 7:00–7:45AM **Aqua HIIT** *seasonal Mar 24-Apr 28* **Jeremy** • Levels 2-3 • H<sub>2</sub>O Studio
- ▶ 7:00–7:55AM **Sunrise Yoga Flow** **Erin F.** • All Levels • Mind/Body Studio

## TUESDAY CLASSES CONTINUED...

- ▶ 8:30–9:25AM **Intermediate Mat Pilates** **Celeste** • Level 2-3 • Mind/Body Studio
- ▶ 8:30–9:20AM **Body Groove** **Bak** • All Levels • The Big Room
- 9:30–10:30AM **Group Power**<sup>®</sup> **Michele** • All Levels • The Big Room
- 10:30–11:25AM **Yoga Reboot** **Laurie** • All Levels • Mind/Body Studio
- ▶ 10:40–11:10AM **Group Power**<sup>®</sup> **Orientation** **Michele** • All Levels • The Big Room
- ▶ 12:15–1:00PM **Recess** **Danny** • All Levels • The Big Room
- 5:30–6:30PM **Power Ride** **Bryan** • All Levels • Cycle Studio
- ▶ 6:30–7:25PM **Dance Barre** **Celeste** • All Levels • Mind/Body Studio
- ▶ 6:30–7:25PM **Hi/Lo Cardio & Strength** **Jeremy** • All Levels • The Big Room

# WEDNESDAY

- 6:00–6:55AM **Cycle Café** **Clark/Cori** • All Levels • Cycle Studio
- ▶ 7:00–7:45AM **Classic Tabata** **Cori** • Levels 2-3 • The Big Room
- ▶ 8:30–9:15AM **Yoga Tone (Yoga + Weights)** **Erin F.** • All Levels • Mind/Body Studio
- 8:30–9:30AM **Group Power**<sup>®</sup> **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 **Classical Barre** **Julie** • All Levels • Mind/Body Studio
- 9:30–10:30AM **Power Ride** **Tonja** • All Levels • Cycle Studio
- ▶ 9:40–10:10AM **Group Power**<sup>®</sup> **Orientation** **Ali** • All Levels • The Big Room
- 10:45–11:40AM **Beginner Mat Pilates** **Julie** • Beginner • Mind/Body Studio

WEDNESDAY CLASSES CONTINUED...

- 10:45–11:40AM **Mama Strong**  
Ali • All Levels • The Big Room **L**
- 12:15–1:00PM **Strength Circuit** **AL**  
Jeremy • All Levels • The Big Room **L**
- 5:00–6:15PM **Yoga Strength & Flow**  
Michele • All Levels • Mind/Body Studio **L**
- 6:30–7:25PM **Beginner Pilates Equipment**  
Celeste • Beginner • Pilates Studio **L**
- 6:30–7:25PM **Strength Circuit** **AL**  
Jeremy • All Levels • The Big Room **L**

## THURSDAY

- ▶ 6:00–7:00AM **Group Power®**  
Tonja • All Levels • The Big Room **L**
- ▶ 7:00–7:45AM **Aqua HIIT** *seasonal Mar 26–Apr 30*  
Jeremy • Levels 2-3 • H<sub>2</sub>O Studio **L**
- 7:00–7:55AM **Sunrise Yoga Flow**  
Veera • All Levels • Mind/Body Studio **L**
- ▶ 7:10–7:40AM **Group Power® Orientation**  
Tonja • All Levels • The Big Room
- 8:00–8:55AM **Intermediate Mat Pilates**  
Veera • Levels 2-3 • Mind/Body Studio **L**
- ▶ 8:30–9:20AM **Body Groove** **AL**  
Bak • All Levels • The Big Room **L**
- ▶ 9:15–10:00AM **Cycle UP!** **AL**  
Stephanie • All Levels • Cycle Studio **L**
- ▶ 9:30–10:00AM **Athletic Stretch**  
Michele • All Levels • The Big Room **L**
- ▶ 9:45–11:00AM **Gentle Yoga Deep Stretch**  
Erin F. • All Levels • Mind/Body Studio **L**
- noon–12:55PM **Beg/Int Pilates Equipment**  
Celeste • Levels 1-2 • Pilates Studio **L**
- ▶ 12:15–1:00PM **Recess** **AL**  
Veera • All Levels • The Big Room **H**
- 5:30–6:30PM **Power Ride** **AL**  
Bryan • All Levels • Cycle Studio **L**
- ▶ 6:30–7:25PM **Hi/Lo Cardio & Strength** **AL**  
Jeremy • All Levels • The Big Room **H**
- 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**
- ▶ 8:30–9:15AM **Castle KICK** **AL**  
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**  
Danny • All Levels • H<sub>2</sub>O Studio **L**
- ▶ 9:30–10:30AM **Classical Barre**  
Julie • All Levels • Mind/Body Studio **L**
- 9:30–10:30AM **Group Power®**  
Ali • All Levels • The Big Room **L**
- ▶ 9:30–10:30AM **Real Ride** **AL**  
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**  
Summer • All Levels • Mind/Body Studio **L**

## SATURDAY

- 8:15–9:15AM **Cardio Interval Pilates**  
Celeste • All Levels • Pilates Studio **L**
- 8:15–9:10AM **Hi/Lo Cardio & Strength** **AL**  
Jeremy • All Levels • The Big Room **H**
- 8:30–10:00AM **Cycle + KRANK + Row** **AL**  
Bryan • All Levels • Cycle Studio **L**
- 9:30–10:25AM **Aqua FIT**  
Jeremy • All Levels • H<sub>2</sub>O Studio **L**
- ▶ 9:30–10:15AM **Castle KICK**  
Fonso • Levels 2-3 • The Big Room **H**
- ▶ 9:30–10:25AM **Core Fusion**  
Celeste • All Levels • Mind/Body Studio **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**  
Danny • All Levels • The Big Room
- 1:00–2:00PM **Restorative Yoga**  
Kori • All Levels • Mind/Body Studio

## 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.

### MONDAY

- 6:45–7:15AM **TRX® Core**  
Danny • Small Group Room
- 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 **Customized 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

### WEDNESDAY

- 6:30–7:30AM **Yoga for Athletes**  
Laurie • Mind/Body Studio
- 9:00–10:00AM **Krank + TRX®**  
Bryan • Small Group Room
- 9:00–10:00AM **Master Your Practice**  
Melissa • Pilates Studio
- 5:30–6:30PM **HIIT Pilates**  
Celeste • Pilates Studio

### THURSDAY

- 6:30–7:00AM **Get Kranked**  
Bryan • Small Group Room
- 11:05–12:05PM **Stable & Strong**  
Laurie • Small Group Room

### FRIDAY

- 9:00–9:30AM **Cross-train for Runners**  
Clark • Small Group Room
- 10:00–11:00AM **Advance Your Practice**  
Celeste • Pilates Studio
- 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.

### 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.

## SMALL GROUP DESCRIPTIONS

#### Advance Your Practice • Celeste

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

#### Build It, Burn It • Tonja

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

#### Customized Pilates • Celeste

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

#### Cross-training for Runners • Clark

Learn techniques to strengthen your core, joints, lung capacity, and more to become a better runner!

#### Defy Gravity • Michele

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

#### 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!

#### 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.

#### 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.

#### Yoga for Athletes • Laurie

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

*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.

**KICK is coming!** A new kind of workout is here for the New Year. Castle KICK is an eclectic mix of cardio, kickbox, and martial arts moves. Each teacher brings their own flair so be sure to try all of the classes.

**Yoga Tone!** The ever-popular yoga plus weights combo class is making its debut with Erin! Join her M/W from 8:30-9:15AM.

**Welcome** Say hello to new dance instructor, Bak! His funky and fresh class, Body Groove, will keep you shakin' on Tues/Thur.

**More Mornings** Our 7AM timeslot has more options! Bust a sweat with Cori's Tabata class on Weds, or start off invigorated from Sunrise Yoga Flow on Tues/Thur. Still need earlier? Danny's 6:45AM TRX + Core small group is here for you.

**Work Hard, Workout Harder** Burn off a long workday with Jeremy's strength and cardio classes. Now offered Tues/Wed/Thurs at 6:30PM.

**Power Orientations** Perfect for those new to Group Power classes or those wanting to fine-tune technique.

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

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

▶ New/updated class!

**M** Myzone Powered

**M** Myzone Compatible

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

**Class Types**

 Fitness  Pilates  Yoga

# CLASS DESCRIPTIONS

**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 HIIT • Jeremy**  
**Levels 2-3 • seasonal Mar 24-Apr 30**  
 Don't underestimate Jeremy's abilities to make it burn, even in the water. This non-stop water class brings a high-intensity that gets your heart pumping.

**Aqua Pump • Danny**  
**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.

▶ **Athletic Stretch • Michele**  
**All Levels**  
 Michele's myofascial release experience is center stage in this straightforward, athletic-based stretch class. Listen to upbeat music and give your body the stretch it needs for increased flexibility and decreased pain.

**Barre Above • Michele**  
**All Levels**

This unique class mixes the best of aerobics, pilates, & strength training to sculpt your body and improve posture. Expect to use plenty of props like balls, bands, magic circles, and the barre in this barefoot class.

**Beginner Mat Pilates • Julie**  
**Levels BEG-1**

Using your body weight and props, the Pilates mat work delivers you quick gains in strength and body awareness. This class is fiercely focused to tighten the core. Suitable for beginners.

**Beginner Pilates Equipment • Celeste • Levels BEG-1**

This class builds upon the Foundational concepts and exercises of the Pilates method. Movements are focused and purposeful as you gain an understanding of the many aspects of the Pilates equipment.

**Beg/Int Pilates Equipment • 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!

▶ **Body Groove • Bak**  
**All Levels**

From hip hop and funk to R&B and Jamaican dancehall, learn moves that will make you feel like you are in a music video while having a great workout.

**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.

▶ **Castle KICK • Ali, Erica, Fonso**  
*Levels 2-3*

Kick it out in this unique group fitness class that combines martial arts techniques with fast paced cardio. Build stamina and burn calories while improving coordination and flexibility.

▶ **Classic Tabata • Cori**  
*Levels 2-3*

Feel the fire in this high-intensity, heart-pumping class. In classic tabata fashion, you will exercise in 4 minute sets, cycling between work and rest. This style of training is extremely effective in boosting metabolism and total body conditioning.

▶ **Classical Barre • Julie**  
*All Levels*

A hybrid workout class combining ballet, Pilates, dance, yoga and strength training. This class often uses a ballet barre and classic dance moves such as pliés, alongside static stretches.

**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, Cori**  
*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!

▶ **Cycle UP! • Stephanie**  
*All Levels*

You can have it all in this action-packed cardio + strength training class. Class includes rhythm riding with a blast of upper body exercises with bands.

▶ **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.

▶ **Dance Barre • 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!

▶ **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.

▶ **Group Power® Orientation**  
**Ali, Michele, Tonja**  
*All Levels*

This half hour explains verbal cues and breaks down moves used in our ever-popular Group Power class. Perfect for those new to the Group Power format, or for experienced attendees that want extra help on form and technique.

▶ **Hatha Flow Yoga • Summer**  
*All Levels*

Classes will include centering, being embodied in a challenging 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 to refresh the 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.**

▶ **Hi/Lo 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 • Celeste and 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!

**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.

▶ **Real Ride • Michele**  
*All Levels*

Ride hills and flats and still have fun with music driving your pedaling speed. This effective workout builds endurance, strength and power.

▶ **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 • 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**  
*All Levels*

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.

**C Strength Circuit • Jeremy**  
*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 Flow • Veera and Erin**  
*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 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 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.

### ▶ Yoga Tone • Erin

#### 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

### 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.

## MAXIMIZE YOUR EXERCISE

*MYZONE is the most effective 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 wearable strap and phone app that uses wireless technology to monitor heart rate, calories, time exercising, and effort. Monitors are located throughout the gym and in classrooms so you can see how you're doing in real-time!*

#### 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





## WHY CHOOSE US?

Castle Hill Fitness is one of the few remaining locally owned multi-purpose gyms in Austin.

When you choose to work with us:

- YOU SUPPORT THE LOCAL ECONOMY
- YOU CREATE & SUSTAIN LOCAL JOBS
- YOU EMBRACE WHAT MAKES US UNIQUE
- YOU KEEP OUR COMMUNITY THRIVING

*Thank you for choosing a local business!*

**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