



DOWNTOWN

# CLASS SCHEDULE

JAN 1-MAY 31 2020

**CHF**  
CASTLE HILL  
FITNESS

# MONDAY

- 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**
- 10:00–11:15AM **Inspired Shakti™ Yoga Flow** *starts Jan 20*  
Maricarmen • Levels 2-3 • The Studio (heated class) **L**
- ▶ 10:00–10:45AM **Tabata PLUS**  
Keith • Levels 2-3 • Multisport Room **H**
- noon–12:55PM **Black Belt Conditioning**  
Robert • Levels 2-3 • Martial Arts Room **H**
- ▶ noon–1:00PM **Hatha Flow Yoga**  
Anna • 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**
- ▶ 5:15–6:15PM **Bootcamp Power**  
Derek • Levels 2-3 • The Studio **H**
- 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**
- 6:30–7:15PM **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**  
Erin F. • 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**
- ▶ 7:30–9:00AM **Alignment/Iyengar Yoga** *starts Feb 4*  
Devon • Levels 1-3 • Chakras Room **L**
- ▶ 8:00–8:45AM **Morning Mashup**  
Hilary • All Levels • Multisport Room **H**
- 8:30–9:25AM **Classical Mat Pilates** **C**  
Jae Hoon • All Levels • Lotus Room **L**
- ▶ 9:30–10:45AM **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**  
Clear • 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 **Strength & Cardio Circuit**  
Hilary • All Levels • Multisport Room **L**
- ▶ 1:00–1:55PM **Beginner Pilates Equipment**  
Clear • Beginner • Pilates Studio **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**

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

Class Types

▶ New/updated class!

 Fitness  Pilates  Yoga

All Levels: appropriate for most  
Level 1-2: novice/intermediate  
Level 2-4: intermediate/advanced

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

# WEDNESDAY

- ▶ 6:15–6:45AM **Cardio Circuits**  
Hilary • All Levels • The Studio 
- ▶ 7:00–7:45AM **Target Toning Express**  
Hilary • All Levels • The Studio 
- 8:00–9:15AM **Beyond Yoga**  
Jerry B. • All Levels • The Studio 
- 9:00–9:45AM **Sweaty Weights & Stretch**  
Hilary • All Levels • Lotus Room (heated class) 
- 10:00–11:15AM **Inspired Shakti™ Yoga Flow** starts Jan 15  
Maricarmen • Levels 2-3 • The Studio (heated class) 
- ▶ 10:00–10:55AM **Mat Pilates & Props**  starts Feb 5  
Jaime • All Levels • Lotus Room 
- 10:00–10:55AM **Rhythm Ride + Strength**  
Melissa • All Levels • Multisport Room 
- 11:30AM–noon **Abs + Arms**  
Hilary • All Levels • Multisport Room 
- noon–12:55PM **Black Belt Conditioning**  
Robert • Levels 2-3 • Martial Arts Room 
- ▶ noon–1:00PM **Hatha Flow Yoga**  
Angie • All Levels • Chakras Room 
- noon–12:55PM **Middle Flow Pilates**  
Deborah • Levels 2-3 • Pilates Studio 
- 12:15–1:00PM **Cycle Barre**  
Hilary • All Levels • Multisport Room 
- ▶ 1:15–2:15PM **Yin Yoga Deep Stretch** 
- ▶ 5:15–6:15PM **Bootcamp Cardio**  
Derek • Levels 2-3 • The Studio 
- ▶ 5:45–6:45PM **Yoga Wall**  
Anna • All Levels • The Lotus Room 
- 6:00–6:45PM **Rhythm Ride**  
Miguel • All Levels • Multisport Room 
- ▶ 6:30–7:30PM **Breathwork & Sound Bath (2<sup>nd</sup> Wednesday)**  
Kirtan • All Levels • The Studio 
- ▶ 6:30–7:30PM **Vinyasa Flow Yoga**  
Collette • Levels 2-3 • Chakras Room 

# THURSDAY

- 6:00–6:45AM **Body Sculpt**  
Amid • All Levels • The Studio 
- 7:00–7:45AM **Cycle Barre**  
Hilary • All Levels • Multisport Room 
- 7:00–7:30AM **KickBox**  
Amid • All Levels • Martial Arts 
- ▶ 7:30–9:00AM **Alignment/Iyengar Yoga** starts Feb 6  
Devon • Levels 2-3 • Chakras Room 
- ▶ 8:00–8:45AM **Morning Mashup**  
Hilary • All Levels • Multisport Room 
- 9:30–10:55AM **Progressive Hatha Yoga**  
Charly • Mixed Levels • Chakras Room 
- 10:00–10:55AM **Castle Barre**  
Hilary • All Levels • Lotus Room 
- 10:00–11:15AM **Kundalini Yoga & Sound**  
Kirtan • All Levels • The Studio 
- noon–12:55PM **Intermediate Pilates Equipment**  
Clear • Levels 2-3 • Pilates Studio 
- ▶ noon–1:00PM **Slow Flow Yoga**   
Erin F. • All Levels • Chakras Room (heated class) 
- ▶ 12:15–1:00PM **Strength & Cardio Circuit**  
Hilary • All Levels • Multisport Room 
- ▶ 4:00–5:30PM **Back Care Yoga** starts Feb 6  
Devon • All Levels • Chakras Room 
- ▶ 5:30–6:15PM **LIT Up**  
Tara • All Levels • Multisport Room 
- 5:30–6:15PM **Yoga Tone (Yoga + Weights)**  
Veera • All Levels • Lotus Room (heated class) 
- ▶ 6:00–6:55PM **All Levels Pilates Equipment**  
Desi • All Levels • Pilates Studio 
- 6:15–7:00PM **Total Body Strength**  
Keith • All Levels • The Studio 
- 6:30–7:30PM **Castle Barre**  
Veera • All Levels • Lotus Room 
- ▶ 6:30–7:45PM **Yin Yoga Deep Stretch**   
Laura • All Levels • Chakras Room 

The ▶ symbol next to the class titles denotes new classes, updated times, or a switch in instructor. Classes may change without notice. Visit our website for the most up to date.

## FRIDAY

- ▶ 6:15–6:45AM **Cardio Circuits**  
Hilary • All Levels • The Studio **H**
- 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**
- ▶ 10:00–11:15AM **Inspired Shakti™ Yoga Flow** *starts Jan 17*  
Maricarmen • Levels 2-3 • The Studio (heated class) **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 • The Arena **H**
- ▶ noon–1:00PM **Yoga of Function**  
Ben • Levels 1-2 • Chakras Room **L**
- 12:15–1:00PM **Body Sculpt**  
Amid • All Levels • Multisport Room **L**
- 1:00–1:55PM **Fast Track Beginner Pilates**  
Deborah • Beginner • Pilates Studio **L**
- ▶ 5:30–6:30PM **Happy Hour Yoga**  
Collette • All Levels • Lotus Room **L**

## SATURDAY

- 8:05–8:35AM **Abs + Arms**  
Veera • All Levels • Multisport Room **L**
- 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**  
Kori • Levels 1-2 • Chakras Room **L**
- ▶ 9:30–10:30AM **Vinyasa Flow Yoga**  
Caro • Levels 1-2 • Lotus Room **L**

## SATURDAY cont.

- 10:00–10:55AM **Intermediate Pilates Equipment**  
Sara • Levels 2-3 • Pilates Studio **L**
- ▶ 10:00–10:45AM **Target Toning Express**  
Veera • All Levels • Multisport Room **L**
- 10:30–11:50AM **Yin Yoga Deep Stretch** **C**  
Kate • All Levels • Chakras Room **L**
- ▶ 11:00–11:45AM **Tabata**  
Miguel • Levels 2-3 • Multisport Room **H**
- 12:15–1:00PM **Rhythm Ride + Strength Express**  
Miguel • All Levels • Multisport Room **L**

## SUNDAY

- ▶ 9:30–10:25AM **Strength TRAIN**  
Jacob • All Levels • Multisport Room **L**
- ▶ 10:00–11:00AM **SATYA + Meditation** **C**  
Anna • All Levels • Chakras Room **L**
- ▶ 10:00–10:45AM **Yoga Tone (Yoga + Weights)**  
Kelsey • All Levels • Lotus Room **L**
- ▶ 11:00–11:55AM **HIIT Gains**  
Jacob • Levels 2-3 • Multisport Room **H**
- ▶ 11:15AM–12:15PM **Prajna Yoga** **C**  
Anna • All Levels • Chakras Room **L**
- noon–12:55PM **Next Level Pilates**  
Lindsay • Levels 3-4 • The Pilates Studio **L**
- ▶ 12:30–2:30PM **Iyengar Hard Work**  
Devon • Levels 2-4 • Chakras Room **L**
- 5:30–6:50PM **Restorative Yoga** **C**  
Kori • All Levels • Chakras Room **L**

## HOWDY, HELLO!

More Pilates please? You asked for it, we have it! Two of our most senior teachers, Desi and Deborah, take over the Tu/Th evenings. Meanwhile, Jaime is back from maternity leave and adds a fun Mat Pilates & Props class. Beginners, we got you covered with an extra class with Clear!

We welcome new yoga teachers, Caro, Devon, Erin, and Kelsey to the schedule. Plus Maricarmen is now offering classes MWF! *OMM YEAH!*

## 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.

<b>MONDAY</b>	▶ 5:00–6:00PM	<b>Max Out</b> <i>lower body</i> Tony • Main Gym
<b>TUESDAY</b>	6:00–7:00AM	<b>Lean Machine</b> Hilary • Main Gym
	noon–1:00PM	<b>Inner Athlete</b> Robert • Main Gym
<b>WEDNESDAY</b>	▶ 5:00–6:00PM	<b>Max Out</b> <i>upper body</i> Tony • Main Gym
<b>THURSDAY</b>	6:00–7:00AM	<b>Lean Machine</b> Hilary • Main Gym
	noon–1:00PM	<b>Inner Athlete</b> Robert • Main Gym
<b>FRIDAY</b>	▶ 10:00–11:00AM	<b>Strength &amp; Agility</b> Tara • Lotus Room
	▶ 5:00–6:00PM	<b>Max Out</b> <i>total body</i> Tony • Main Gym

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

#### Lean Machine • Hilary

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

#### ▶ Max Out • Tony

Lift heavy for max results in this small group. Split upper or lower body days or there's an option for full body work. Tony designs the program workouts to work independently and to complement each other for the perfect lift week.

#### Inner Athlete • Robert

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

#### ▶ Strength & Agility • Tara

Improve your strength, agility, and balance for the life you live outside the gym. This workout includes dynamic mobility, multi-planar moves, and a dose of fun, speed, and agility drills.

# 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, Devon, 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 and Desi

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

#### ▶ Back Care Yoga • Devon

##### All Levels • starts Feb 6

This is a general restorative class oriented to the spine and nervous system. We will work with poses, props, and the rope wall to soften and relieve tensions in all segments of the spine, releasing outward and inward to quiet body and mind.

#### ▶ Beginner Pilates Equipment • Clear and Sara

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.

#### ▶ Bootcamp Cardio/Power • Derek

##### Levels 2-3

A modern twist on the classic bootcamp experience. Combine functional dynamic movements with the added benefits of high intensity anaerobic intervals for an unforgettable workout. Customized for power and cardio specific formats.

#### 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 for more!



▶ **Cardio Circuits • Hilary**

**All Levels**

A quick 30-minute class jammed packed with cardio blasting circuits including battle ropes, medicine balls, bosus, step benches, cardio movements and more!

**Cardio Pilates Circuit • Deborah**

**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.

◻ **Classical Mat Pilates • 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.

▶ **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.

▶ **Hatha Flow Yoga • Anna, 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**

**All Levels**

With a fun flow and playful playlist, Collette gets 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 Gains • Jacob**

**Levels 2-3**

Focus on turning up the heat and burning fat through varying intensity exercises using both bodyweight and dumbbells for max gains.

**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 • starts Jan 15**

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, 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.

▶ **Iyengar Hard Work • Devon**

**Levels 2-4**

This class is meant to make more challenging the poses you think of as easy, and to then make easier the poses you think of as challenging. We ask for basic strength and flexibility in Iyengar poses (or the experience to know how to adjust for your limitations).

**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.

▶ **LIT Up • Tara**

**All Levels**

An energizing class designed to give you the intensity you are looking for without the impact (no running or jumping)! Dumbbells, bodyweight, resistance bands, and TRX are used to build lean muscle and boost your metabolism.

▶ **Mat Pilates & Props • Jaime**

**All Levels • starts Feb 5**

Deepen your practice by targeting more core and pelvic floor engagement with the use of props in this class guaranteed to turn your workout up a notch.

**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 Mashup • Hilary**

**All Levels**

Start your day with 45 minutes of mashing up movements of cardio, strength, plyometrics, core and finishing with a nice stretch.

**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!

▶ **Prajna Yoga • Anna**

◻ **All Levels**

This Hatha yoga class will use intelligent sequencing, functional conditioning of the joints and dynamic asanas to challenge your body in unique ways and center your mind. It can be taken on its own but is designed to build upon the SATYA practice of the previous class.

**BUDGET FRIENDLY**

Look for classes with the ◻ symbol - these Community Classes are offered at a lower rate.

**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.

▶ **Strength & Cardio Circuit • Hilary  
All Levels**

This class alternates circuits between upper and lower body strength, core, and one cardio station. All the variety to keep your body guessing and craving more!

▶ **Strength TRAIN • Jacob  
All Levels**

All aboard! Get on the *Strength Train* for max results. Build lean muscle and improve overall fitness using various equipment and creative movements.

**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!

▶ **Tabata • Miguel  
Levels 2-3**

Each week is a full-body workout with Tabata work/rest sessions. This style of training is extremely effective in boosting metabolism and total body conditioning.

▶ **Tabata PLUS • Keith  
Levels 2-3**

Classic Tabata includes short bursts of high-intensity interval training PLUS form-focused strength work. Move through timed stations that push your cardio to the max and challenge your strength and endurance.

▶ **Target Toning Express • Hilary,  
Veera • All Levels**

In this 45-minute class you'll complete exercises with a number of props like hand weights, resistance bands, and your own bodyweight to fully target and tone all muscle groups.

**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!

**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 • Collette, Caro  
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.

▶ **Yin Yoga Deep Stretch • Angie,  
Kate, Laura  
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 of Function • Ben  
All Levels**

Class emphasis revolves around fine tuning control of movement, creating awareness around compensation patterns and joint dysfunction. Those wanting to get stronger, leaner muscles and the ability to control their joint movements will enjoy this class.

▶ **Yoga Basics • Kori  
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, Kelsey, 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.

**WE MAKE YOUR HEALTH  
PERSONAL**

*We staff over 100 professionals who are experienced in multiple modalities to help you find your best self!*

**Personal Training • Pilates • Yoga  
Acupuncture • Massage • Skin Care  
Rehab • Swim Lessons • Boxing  
Health Coaching • Fitness Testing**

*...and so much more!*

*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*

**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!

▶ **SATYA + Meditation  
Anna • All Levels**

Enjoy a deeply relaxing hour of floor based somatic movements called SATYA followed by guided meditation. The intention of this class is to increase interoception in your body and activate the PNS with gentle rocking movements and sensory awareness training.

▶ **Slow Flow Yoga • Ashley, Erin  
All Levels**

Based on Forrest Yoga and therapeutic yoga, 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.

## 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%
<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.





## 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!*



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