

Monday

		Instructor	Length	Level	Studio
7:00 am	Indoor Cycling	Jerry	55 min	All	Multisport
10:00 am	Plyo Burn	Amid	55 min	All	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
6:00 pm	Advanced Pilates Equipment	Stephanie	55 min	3-4	Pilates
6:00 pm	Indoor Cycling FREE to MEMBERS	Erin	55 min	All	Multisport
6:00 pm	Cardio Kickboxing	Amid	55 min	All	Martial Arts
7:00 pm	Beg. Pilates Equipment	Stephanie	55 min	BEG	Pilates

TRY IT!

we offer OVER 50 yoga classes meditate on THAT!

SEE THE SEPARATE SCHEDULE

Beginner levels to advanced

Vinyasa, Relaxation, Mysore Ashtanga, and more...

Tuesday

		Instructor	Length	Level	Studio
7:00 am	Cardio Kickboxing FREE to MEMBERS	Amid	55 min	All	Martial Arts
10:00 am	NEW! Cycle Core FREE to MEMBERS	TBD	55 min	All	Multisport
Noon	Back to Basics Conditioning	Robert	55 min	All	Martial Arts
Noon	Intermediate Pilates Equipment	Desi	55 min	2-3	Pilates
5:20 pm	Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
6:00 pm	Cardio Pilates Circuit	Stephanie	55 min	2-4	Pilates
6:00 pm	Target Toning	Hilary	55 min	All	Multisport
7:00 pm	NEW! Bosu Core Blast! FREE to MEMBERS	Hilary	55 min	1-3	Multisport

VIP MEMBERSHIPS include all of the listed classes here & on the separate yoga schedule!

Wednesday

		Instructor	Length	Level	Studio
6:15 am	Castle Core	Hilary	45 min	All	Lotus
7:00 am	Indoor Cycling FREE to MEMBERS	Jerry	55 min	All	Multisport
10:00 am	Plyo Burn PLUS	Amid	55 min	1-3	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
4:45 pm	Kajukenbo Kids	Robert	45 min	All	Martial Arts
6:00 pm	Indoor Cycling PLUS (55min Cycling, 30 min Abs)	Amy	85 min	All	Multisport
6:00 pm	Intermediate Pilates Equipment FREE to MEMBERS	Stephanie	55 min	2-3	Pilates
7:00 pm	Beg. Pilates Equipment FREE to MEMBERS	Stephanie	55 min	BEG-1	Pilates

FREE to MEMBERS classes are included in all types of member levels. Want every class listed??

Ask about our VIP memberships starting at \$112/mo

COMMUNITY CLASS specially priced at \$7 per, these offer another economical way to stay fit! FREE for our members.

Thursday

		Instructor	Length	Level	Studio
7:00 am	Cardio Kickboxing FREE to MEMBERS	Amid	55 min	All	Martial Arts
10:00 am	NEW! Cycle Core (30min Cycling, 25 min Abs)	TBD	55 min	All	Multisport
Noon	Intermediate Pilates Equipment	Desi	55 min	2-3	Pilates
Noon	Back to Basics Conditioning FREE to MEMBERS	Robert	55 min	All	Martial Arts
5:20 pm	Easy Spyn FREE to MEMBERS	Celeste	30 min	BEG	Multisport
6:00 pm	Target Toning	Hilary	55 min	All	Multisport
6:30 pm	NEW! Zumba® COMMUNITY CLASS	Montserrat	55 min	All	Martial Arts
7:00 pm	NEW! Bosu Core Blast! FREE to MEMBERS	Hilary	55 min	All	Multisport

look!

Now offering a Zumba® class! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class. Achieve long-term benefits while experiencing an absolute blast of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Friday

		Instructor	Length	Level	Studio
6:15 am	Castle Core COMMUNITY CLASS	Hilary	45 min	All	Lotus
7:00 am	Cardio Circuit FREE to MEMBERS	Tatum	55 min	All	Multisport
10:00 am	Plyo Burn FREE to MEMBERS	Amid	55 min	All	Multisport
Noon	Cardio Kickboxing	Robert	55 min	All	Martial Arts
5:30 pm	Indoor Cycling FREE to MEMBERS	Amy	55 min	All	Multisport

Class Type Color Chart

 Dance Fusion/ Martial Arts	 Strength & Conditioning	 Cardio	 Cycling	 Core/Abs Pilates
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Our Class Levels are: BEG=Beginner 1=novice 2=intermediate 3=advanced 4=expert All=All levels. Your workout can be adjusted to your own level of fitness or comfort; Listen to your body!

Weekend

		Instructor	Length	Level	Studio	
SAT	9:30 am	Indoor Cycling FREE to MEMBERS	TBD	55 min	All	Multisport
	9:00 am	Int. Pilates Equipment FREE to MEMBERS	Stephanie	55 min	2-3	Pilates
	10:00 am	Target Toning COMMUNITY CLASS	Hilary	55 min	All	Martial/Outdoor
	10:00 am	Beg. Pilates Equipment COMMUNITY CLASS	Stephanie	55 min	BEG	Pilates
	11:00 am	Cardio Circuit	Hilary	55 min	All	Martial/Outdoor
	11:00 am	Cardio Pilates Circuit FREE to MEMBERS	Stephanie	55 min	2-4	Pilates
SUN	11:00 am	Cardio Circuit FREE to MEMBERS	Tatum	55 min	All	Multi/Outdoor
	Noon	NEW! Bosu Core Blast! COMMUNITY CLASS	Tatum	55 min	All	Multisport

NEW classes

Zumba® Fitness.....Thurs at 6:30pm
Bosu Core Blast.....Tu/Th at 7pm, Sun at noon
Cycle Core.....Tu/Th at 10am

healthy mind

healthy body

healthy you!

SPRING 2010 Class Schedule

NEW! 5 COMMUNITY CLASSES \$7 a class
 and 25 classes FREE for Premier members

Voted 2008, 2009, & 2010 "READER'S CHOICE"
 For Best Gym in Austin Fit Magazine

March 1, 2010 - May 31, 2010



Hilary Handley, Bosu Core Blast class

Class Descriptions

Kajukenbo Kids - Robert
 Appropriate for ages 5-11, children will learn strict discipline and the highest respect for themselves, others, and the chief instructor. In addition, highly effective conflict resolution skills will be taught. Make sure your child brings a water bottle, or sports drink. They are required to wear black karate uniforms which can be purchased the first class. Until then, students must wear all black. All levels

NEW! Zumba® Fitness - Montserrat
 Get moving with Montserrat in this one of a kind, latin flavored dance aerobics class. The Zumba fitness class makes working out fun while experiencing an absolute blast of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Wear tennis shoes and comfy clothes. All levels

Cardio Circuit - Hilary, Tatum
 In this class you will get the cardio workout you desire mixed with the strength exercises you need. Join Hilary and Tatum in this circuit style, upbeat routine set to music that keeps you motivated for the entire hour! Participants will alternate between light full body strength exercises and bursts of cardio to help torch calories and keep you sweatin'. All levels

Cardio Kickboxing - Robert, Amid
 Gain confidence, strength, and lean muscle in cardio kickboxing class. Learn how to properly throw punches and kicks, and connect them into combinations. We don't kick in the air here, we hit 80 pound pro heavy bags. All levels

NEW! Bosu Core Blast! - Hilary, Tatum
 Get your torso trimmed and heart pumping using the Bosu® Balance Trainer. The Bosu (pronounced "Bow-Sue") has long been noted for its ability to strengthen the core through stabilization exercises. In this circuit-style format you can expect that same core strength stability along with bursts of aerobic style cardio to give you a complete workout! All levels

Indoor Cycling - Jerry, Erin, Amy
 Whether you are a cyclist wanting to improve performance or simply looking for a motivating cardio workout, you will enjoy our high energy indoor cycling classes. We implement the major components of cycling training with a variety of teaching styles. You will gain pedaling efficiency, recover faster, and push that bigger gear with a lower heart rate. All levels

Easy Spyn - Celeste
 This 30 minute light-hearted, gentle indoor cycling class is back by popular demand. Goes great before Tu/Th 6pm Vinyasa! Bring athletic shoes or cycling shoes. No experience required, best for beginners. Level BEG

Indoor Cycling PLUS - Amy
 Get killer cardio and stronger abs in one class! Join Amy for 55 minutes of high intensity cycling and then move to 30 minutes of cycling specific stretches and ab exercises. Participants are welcome to stay just for cycling or arrive at 7pm for abs and stretch. All levels

NEW! Cycle Core - Erin
 Join Erin in this 30 minute cycling, 25 minute abs class! A short session of intervals on the bike will boost calorie burn and tone the legs, and the second half of class will work that 6 pack using balance balls, Bosu trainers, body weight, and other props. It's the perfect mid-day combo class for those on the go! All levels

Back to Basics Conditioning - Robert
 No frills, no thrill, no heart rate monitors. Former football athlete, Robert Reed, dishes out a special mix of motivational instruction in a boot camp like style. Old fashioned training methods and an outdoor setting guarantee you will first find, then exceed your limits. In this class sports specific and agility training are a bonus; bring a water bottle to stay hydrated. All levels

Plyo Burn - Amid
 Commonly referred to as one of the quickest and intense ways to burn calories while consistently improving strength and endurance, plyometrics continue to gain popularity with everyone who is looking for top results. All levels

Plyo Burn PLUS! on Wednesdays with Amid steps up the intensity just a notch! Expect new exercises & surprises each week! Levels 1-3

Target Toning - Hilary
 Work to tone all areas of your body including those hard to reach glutes, hips, abs, and arms. You'll work spot exercises with light weights, resistance bands, balance balls and your own body to achieve the trim and toned look you want. All levels

Castle Core - Hilary, Tatum
 This 45 minute class will blast your abs to a new level of tone! Using body weight, balance balls, and resistance bands you will whittle your middle in this new fitness class addition! All Levels

Beginner Pilates Equipment - Stephanie
 Develop core strength, loosen joints, and correct faulty body mechanics without building bulk. You will discover each piece of equipment in our studio and the fundamental movements of the Pilates method in this unique results-driven class designed **specifically for newcomers**. Level BEG-1

Cardio Pilates Circuit - Stephanie
 Get a unique cardio workout by using the jumpboard and the chair to increase your heart rate. This fast paced class is for the advanced student. A firm understanding of how the equipment works is required and is not recommended for those with knee or ankle injuries. Levels 2-4

Intermediate Pilates Equipment - Desi, Stephanie
 Rotate among the chair, the reformer, the wall unit and the mat for a workout guaranteed to produce results. You will perfect a number of intermediate movements in this fast paced sequence designed to please both the expert and the adventurous intermediate. Levels 2-3

Advanced Pilates Equipment - Stephanie
 If you have been working at the intermediate level for a long time and are ready to move into more adventurous advanced moves then this is the class for you. Know your terminology and be prepared for some acrobatics. Preferably no injuries.

FREE to MEMBERS & COMMUNITY classes are included in all types of member levels. Want every class listed?? Ask about our VIP memberships starting at \$112/mo

Prices	Best Value!	Unlimited Membership	Single Class	10 Class Card	20 Class Card	31 Day Unlimited	includes full gym use!!	10 Class Cards = 6 mo. expiration 20 Class Cards = 12 mo. expiration cards are non-refundable
			Walk-In	Premier Members				
Short Term	\$129/mo	\$387 3 months	\$16	\$132	\$220	\$149	NEW! \$7 a class	Community Classes Tell your friends! These classes are a budget friendly way to enjoy classes at Castle Hill Fitness. Community Classes are free to Castle Hill members
Year Term	\$112/mo	\$1232 12 months	\$8	\$66	\$110			

Fitness & Pilates Class Instructors

