



IN-PERSON & REMOTE



# CLASS SCHEDULE

MAY 1 - AUG 31 2023



CHF  
CASTLE HILL  
FITNESS

# IN-PERSON CLASSES

## MONDAY

- 6:00–6:45AM **SHRED**  
Clark • Levels 2-3 • Multisport Room **H**
- 7:00–7:45AM **Strong & Fierce!**  
Tara • Levels 1-3 • Multisport Room **H**
- 9:30–10:45AM **Alignment/Iyengar Yoga**  
Gillian • All Levels • Lotus Room **L**
- ▶ 10:15–11:00AM **Pilates Rebound**  
Brooke • All Levels • Chakras Room **L**
- noon–1:00PM **Kickboxing **C****  
Robert • Levels 2-4 • Martial Arts Room **H**
- noon–12:55PM **Intermediate Pilates Equipment**  
Jaime • Levels 2-3 • Pilates Studio **L**
- noon–12:45PM **Sculpt LIVE!**  
Amid • Levels 2-3 • Multisport Room **L**
- noon–1:00PM **Vinyasa Flow LIVE!**  
Collette • All Levels • Lotus Room **L**
- 4:30–5:15PM **Castle Barre**  
Kelly • All Levels • Lotus Room **L**
- ▶ 4:30–5:30PM **QiGong/Tai Chi **C****  
Jeff • All Levels • Chakras Room **L**
- 5:30–6:15PM **Indoor Cycle**  
Clark • All Levels • Multisport Room **L**
- 5:45–6:45PM **Hatha Flow Yoga**  
Leti • All Levels • Chakras Room **L**
- 6:00–6:55PM **All Levels Pilates Equipment**  
Celeste • All Levels • Pilates Studio **L**
- ▶ 6:00–7:00PM **Throwback Music Video Dance **C****  
Sadé • All Levels • Lotus Room **L**
- 6:30–7:30PM **Strength Circuit**  
Jeremy • Levels 2-3 • Multisport Room **L**
- 7:00–7:55PM **Cardio Pilates**  
Celeste • Levels 1-3 • Pilates Studio **L**

# TUESDAY

6:00–6:45AM	<b>Pure Strength</b> Amid • Levels 2-3 • Multisport Room <b>H</b>
▶ 7:00–7:45AM	<b>PUMP'D</b> Sonya • Levels 2-3 • Multisport Room <b>H</b>
7:00–7:55AM	<b>All Levels Pilates Equipment</b> Stephanie • All Levels • Pilates Studio <b>L</b>
8:00–8:45AM	<b>Indoor Cycle</b> Amy • All Levels • Multisport Room <b>L</b>
▶ 8:30–9:25AM	<b>All Levels Mat Pilates LIVE!</b> Gregory • All Levels • Lotus Room <b>L</b>
9:30–10:30AM	<b>Vinyasa Flow Yoga HEATED</b> Tiffany • All Levels • Chakras Room <b>L</b>
10:15–11:00AM	<b>Castle Barre LIVE!</b> Veronika • All Levels • Lotus Room <b>L</b>
noon–12:55PM	<b>All Levels Pilates Equipment</b> Brooke • All Levels • Pilates Studio <b>L</b>
noon–1:00PM	<b>Circuit Games</b> Josh • All Levels • Multisport Room <b>L</b>
noon–1:00PM	<b>Yoga Wall</b> Karuna • All Levels • Lotus Room <b>L</b>
▶ 4:30–5:15PM	<b>Pilates Mat Fusion</b> Meadow • All Levels • Lotus Room <b>L</b>
5:30–6:15PM	<b>Rhythm Ride</b> Meadow • All Levels • Multisport Room <b>L</b>
▶ 5:30–6:15PM	<b>Yoga Tone LIVE!</b> Collette • All Levels • Lotus Room <b>L</b>
6:00–6:55PM	<b>All Levels Pilates Equipment</b> Sam • All Levels • Pilates Studio <b>L</b>
6:30–7:15PM	<b>Candlelight Yin Yoga LIVE!</b> Collette • All Levels • Lotus Room <b>L</b>
6:30–7:15PM	<b>The Challenge</b> Jeremy • Levels 2-4 • Multisport Room <b>H</b>

*All Levels: appropriate for most  
Level 1-2: novice/intermediate  
Level 2-3: intermediate/advanced  
Level 3-4: advanced/expert*

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

## Class Types

 Fitness  Pilates  Yoga

*LIVE! Classes are in-person and can be taken virtually. Classes are not recorded.*

▶ *New/updated class!*

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

# WEDNESDAY

7:00–8:00AM	<b>Total Body Build</b> Jeremy • Levels 1-3 • Multisport Room <b>L</b>
9:30–10:15AM	<b>Strength Circuit LIVE!</b> Jay • Levels 2-3 • Multisport Room <b>L</b>
▶ 10:00–11:00AM	<b>SoulFULL Flow</b> Sadé • All Levels • Lotus Room <b>L</b>
10:15–11:00AM	<b>Pilates Rebound</b> Brooke • All Levels • Chakras Room <b>L</b>
▶ 11:30AM–12:30PM	<b>Throwback Music Video Dance</b> <b>C</b> Sadé • All Levels • Chakras Room <b>L</b>
noon–1:00PM	<b>Kickboxing</b> Robert • Levels 2-4 • Martial Arts Room <b>H</b>
noon–12:55PM	<b>All Levels Pilates Equipment</b> Heather • All Levels • Pilates Studio <b>L</b>
noon–12:45PM	<b>Plyo LIVE!</b> Amid • Levels 2-4 • Multisport Room <b>H</b>
12:15–1:00PM	<b>Yoga Tone LIVE!</b> <b>C</b> Collette • All Levels • Lotus Room <b>L</b>
▶ 1:15–2:30PM	<b>Vinyasa, Restorative, &amp; Meditation</b> Gioconda • All Levels • Lotus Room <b>L</b>
▶ 4:30–5:15PM	<b>Castle Barre LIVE!</b> Sadé • All Levels • Lotus Room <b>L</b>
5:30–6:15PM	<b>Cycle + Strength</b> Josh • All Levels • Multisport Room <b>L</b>
6:00–6:55PM	<b>Beginner Pilates Equipment</b> Celeste • All Levels • Pilates Studio <b>L</b>
▶ 6:00–7:00PM	<b>Afro Modern Dance</b> Sadé • All Levels • Lotus Room <b>L</b>
6:30–7:30PM	<b>Hatha Flow Yoga</b> Collette • All Levels • Chakras Room <b>L</b>
6:30–7:30PM	<b>Strength Circuit</b> Jeremy • Levels 2-3 • Multisport Room <b>L</b>
7:00–7:55PM	<b>Cardio Pilates</b> Celeste • Levels 1-3 • Pilates Studio <b>L</b>

## BUDGET-FRIENDLY CLASSES

Classes with the **C** symbol are Community Classes. These are offered at a lower rate for non-members, and are included with Membership.



# THURSDAY

7:00–7:55AM

**All Levels Pilates Equipment**  
Desi • All Levels • Pilates Studio **L**

7:00–7:45AM

**MUSCLE**  
Sonya • All Levels • Multisport Room **L**

8:00–8:45AM

**Indoor Cycle**  
Sonya • All Levels • Multisport Room **L**

▶ 8:30–9:25AM

**All Levels Mat Pilates LIVE!**  
Gregory • All Levels • Lotus Room **L**

9:30–10:30AM

**Vinyasa Flow Yoga HEATED**  
Tiffany • All Levels • Chakras Room **L**

▶ 10:15–11:00AM

**Castle Barre LIVE!**  
Kelly • All Levels • Lotus Room **L**

10:30–11:30AM

**Circuit Games **C****  
Josh • All Levels • Multisport Room **L**

11:00–11:55AM

**All Levels Pilates Equipment**  
Brooke • All Levels • Pilates Studio **L**

noon–1:00PM

**Yoga Wall**  
Gillian • All Levels • Lotus Room **L**

noon–12:45PM

**Cycle + Strength**  
Jay • All Levels • Multisport Room **L**

5:30–6:15PM

**Rhythm Ride**  
Genevieve • All Levels • Multisport Room **L**

5:45–6:30PM

**Cardio Kickboxing**  
Sonya • Levels 1-2 • Martial Arts Room **L**

▶ 6:00–6:55PM

**All Levels Pilates Equipment**  
Gregory • All Levels • Pilates Studio **L**

6:30–7:15PM

**The Challenge**  
Jeremy • Levels 2-4 • Multisport Room **H**

6:30–7:15PM

**Candlelight Yin Yoga LIVE!**  
Collette • All Levels • Lotus Room **L**

ZOZZSON  
- P -  
- N -

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 or the app for the most up to date schedule. **SCAN THE CODE TO VIEW SCHEDULE ONLINE.**



# FRIDAY

- 6:00–6:45AM **Total Body Strength**  
Josh • All Levels • Multisport Room **L**
- 7:00–7:45AM **Just Keep Spinning**  
Jay • All Levels • Multisport Room **L**
- 8:00–9:00AM **Workout Therapy**  
Robert • Levels 2-3 • Multisport Room **H**
- 9:15–10:15AM **Vinyasa Flow Yoga LIVE!**  
Leah • All Levels • Lotus Room **L**
- ▶ 10:15–11:00AM **Mixed Pilates Equipment**  
Sam • All Levels • Chakras Room **L**
- 10:30–11:15AM **LIT Up: Low Impact Training LIVE! C**  
Tara • All Levels • Multisport Room **L**
- 10:30–11:30AM **QiGong/Tai Chi**  
Jeff • All Levels • Lotus Room **L**
- 11:30AM–12:45PM **Alignment/Iyengar Yoga**  
Anne • Levels 1-2 • Chakras Room **L**
- noon–12:55PM **All Levels Pilates Equipment**  
Heather • All Levels • Pilates Studio **L**
- noon–12:45PM **Sculpt LIVE!**  
Amid • Levels 2-3 • Multisport Room **L**
- noon–1:00PM **Vinyasa Flow Yoga LIVE!**  
Kelly • All Levels • Lotus Room **L**
- 1:15–2:00PM **Castle Barre**  
Meadow • All Levels • Lotus Room **L**
- ▶ 2:30–3:45PM **Yin Yoga HEATED**  
Vanush • All Levels • Chakras Room **L**
- 5:00–6:00PM **TANGO DONATION CLASS**  
Mickey • All Levels • Chakras Room **L**

# SATURDAY

- 9:00–9:55AM **Beginner Pilates Equipment**  
Dylan • All Levels • Pilates Studio **L**
- 9:00–9:45AM **Indoor Cycle**  
Sonya • All Levels • Multisport Room **L**
- 10:00–10:55AM **Intermediate Pilates Equipment**  
Dylan • Levels 2-3 • Pilates Studio **L**
- 10:00–10:45AM **MUSCLE**  
Sonya • All Levels • Multisport Room **L**

# SATURDAY CONT.

- 10:30–11:30AM **Hatha Flow Yoga**  
Leti • All Levels • Chakras Room **L**
- 11:30–12:30PM **Total Body Build LIVE!**  
Jeremy • Levels 1-3 • Multisport Room **L**
- noon–12:45PM **Castle Barre**  
Meadow • All Levels • Lotus Room **L**

# SUNDAY

- ▶ 10:00–11:15AM **Vinyasa Flow HEATED**  
Vanush • All Levels • Lotus Room **L**
- 10:15–11:00AM **Just Keep Spinning**  
Jay • All Levels • Multisport Room **L**
- 11:00–11:55AM **All Levels Pilates Equipment**  
Celeste • All Levels • Pilates Studio **L**
- 11:15AM–12:00PM **SHRED**  
Clark • Levels 2-3 • Multisport Room **H**
- noon–12:55PM **Int/Advanced Mat Pilates LIVE!**  
Celeste • Levels 2-3 • Lotus Room **L**
- 12:30–2:00PM **Alignment/Iyengar Hard Work Yoga**  
Devon • Levels 2-4 • Chakras Room **L**
- ▶ 5:00–6:30PM **Restorative Yoga**  
Kori • All Levels • Chakras Room **L**

## WHAT'S NEW

**Let's Groove** Come bust a move and work up a sweat in a variety of dance formats with Sadé Jones!

**Welcome Back** Yoga instructors Kori Jones and Gioconda Parker return to our weekly schedule! Enjoy Vinyasa, Restorative, & Meditation with Gioconda on Wednesdays, and Restorative Yoga with Kori on Sundays.

**New Faces** We're pleased to welcome two new Pilates instructors to our schedule - Sam Hendricks and Gregory Gudz!

**More Virtual** More remote class options with Jay, Rachael, and Leah have been added, so you can enjoy a Castle Hill workout from anywhere!

# REMOTE CLASSES

## MONDAY

- 8:15–9:15AM **Qigong**  
Jeff • *All Levels* **L**
- noon–12:45PM **Sculpt**  
Amid • *Levels 2-3* **L**
- noon–1:00PM **Vinyasa Flow**  
Collette • *All Levels* **L**

## TUESDAY

- ▶ 8:30–9:25AM **Mat Pilates**  
Gregory • *All Levels* **L**
- 10:15–11:00AM **Castle Barre**  
Veronika • *All Levels* **L**
- noon–12:45PM **Wellness in Motion**  
Mark • *All Levels* **L**
- 5:30–6:15PM **Yoga Tone**  
Collette • *All Levels* **L**
- 6:30–7:15PM **Candlelight Yin Yoga**  
Collette • *All Levels* **L**
- 6:30–7:30PM **Alignment/Iyengar Yoga**  
Gillian • *All Levels* **L**

## WEDNESDAY

- ▶ 9:30–10:15AM **Strength Circuit**  
Jay • *Levels 2-3* **L**
- ▶ 11:00–11:45AM **Movement, Strength, & Mobility**  
Rachael • *All Levels* **L**
- noon–12:45PM **Plyo**  
Amid • *Levels 2-4* **H**

### NEED A WORKOUT NOW?

Check out the On Demand workout library. Full length, recorded classes when you want them! **SCAN THE CODE FOR MORE INFO.**





## WEDNESDAY CONT.

- 12:15–1:00PM **Yoga Tone**  
Collette • *All Levels* **L**
- ▶ 4:30–5:15PM **Castle Barre**  
Sadé • *All Levels* **L**

## THURSDAY

- ▶ 8:30–9:25AM **Mat Pilates**  
Gregory • *All Levels* **L**
- ▶ 10:15–11:00AM **Castle Barre**  
Kelly • *All Levels* **L**
- 4:00–5:15PM **Immunity Yoga**  
Devon • *All Levels* **L**
- 6:30–7:15PM **Candlelight Yin Yoga**  
Collette • *All Levels* **L**

## FRIDAY

- ▶ 9:15–10:15AM **Vinyasa Flow Yoga**  
Leah • *All Levels* **L**
- 10:30–11:15AM **LIT Up: Low Impact Training**  
Tara • *All Levels* **L**
- noon–12:45PM **Sculpt**  
Amid • *Levels 2-3* **L**
- noon–1:00PM **Vinyasa Flow Yoga**  
Kelly • *All Levels* **L**

## SATURDAY

- 10:30–11:30AM **Yin Yoga**  
Kate • *All Levels* **L**
- 11:30–12:30PM **Total Body Build**  
Jeremy • *Levels 1-3* **L**

## SUNDAY

- noon–12:55PM **Intermediate/Advanced Mat Pilates**  
Celeste • *Levels 2-3* **L**

# CLASS DESCRIPTIONS

## ► **Afro Modern Dance • Sadé** *All Levels*

Fitness inspired by modern dance with elements of West African, Caribbean, and Afro Latin movements. Leave feeling grounded, connected, and inspired!

## **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.

## **Alignment/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).

## ► **All Levels Mat Pilates • Gregory** *All Levels*

Dive deep into the Pilates repertoire with a total body conditioning mat class! Expect emphasis on the core.

## ► **All Levels Pilates Equipment Teacher Varies • All Levels**

Create strength, balance, and flexibility while exploring the Pilates repertoire on all our equipment. This total body workout emphasizing the core is ideal for beginner to advanced students.

## **Beginner Pilates Equipment Celeste, Dylan • All Levels**

Build 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 Pilates on the reformer, chair, and tower.

## **Candlelight Yin Yoga • Collette** *All Levels*

Unwind and renew by candlelight, while passively opening the body. This mindful practice will bring the body into balance and increase range of motion. Most poses will be seated or lying down, supported by props and held for several minutes to target the ligaments, joints, bones, and the body's deep fascia networks and meridians.

## **Cardio Kickboxing • Sonya** *Levels 1-2*

Join Sonya in this motivational kick butt class! Improve your speed and coordination with punch and kick combos while increasing overall strength and cardio with athletic conditioning drills. Weighted gloves are optional.

## **Cardio Pilates • Celeste** *Levels 1-3*

Get a unique cardio workout by using the Reformer jumpboard and other Pilates equipment to increase your heart rate. No ankle/knee injuries, please.

## ► **Castle Barre** **Teacher Varies • All Levels**

Hit the barre for an energetic, toning workout! You'll use a variety of props to give you a deep muscle burn while staying low-impact and easily modified.

### **WORKSHOPS/SERIES**

We also host 1-day workshops & multi-week class series! Scan the code to view current events.



## **Circuit Games • Josh**

### *All Levels*

Come ready to PLAY! This full-body, cardio-heavy class is all about the game, from tag to bear crawl races. Expect to use a variety of equipment like jump ropes and pool noodles.

## **Cycle + Strength • Jay, Josh**

### *All Levels*

Cardio and Strength in one! Challenge your endurance on the spin bike plus increase muscular strength with off-the-bike weight moves.

## **Hatha Flow Yoga • Collette, Leti**

### *All Levels*

Classes follow an arc that include centering, being embodied in a challenging and replenishing way, and then calming the nervous system. Leave feeling both energized and peaceful! Variations offered for all.

## **Immunity Yoga • Devon**

### *All Levels*

A class designed to support easy breathing, open circulation, and a quiet mind.

## **Indoor Cycle • Amy, Sonya, Clark**

### *All Levels*

Whether you're a cyclist wanting to improve performance or simply looking for a motivating cardio workout, this class bridges the gap between fun and challenging. Spin bikes are equipped with dual pedals, one flat side for athletic shoes, the other side with SPD spin shoe clips.

## **Intermediate Pilates Equipment**

### **Dylan, Jaime • 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.

## **Intermediate/Advanced Mat Pilates**

### **Celeste • Levels 2-3**

Dive deep into the advanced Classical Pilates repertoire in a challenging, total body conditioning mat class! For your best experience come with a strong knowledge of Pilates.

## **Just Keep Spinning • Jay**

### *All Levels*

Jay's classes are filled with encouragement - enough to get you to just keep spinning! Push your way through climbs and sprints tied to a fun playlist, and leave feeling ready to take on your day!

## **Kickboxing • Robert**

### *Levels 2-4*

This class promotes endurance, strength, and agility. Achieve total body conditioning with plyometrics and weight work. Gain confidence with mixed martial arts punch/kick combos and groundwork. Colorful language may be used as a motivational tool.

## **LIT Up: Low Impact Training • Tara**

### *All Levels*

An energizing weight-training class designed to give you the intensity you are looking for, minus the impact (no running or jumping)! You'll use dumbbells, bodyweight, and resistance bands to build lean muscle. Movements are scalable and appropriate for any fitness level.

## ▶ **Mixed Pilates Equipment • Sam**

### *All Levels*

Create strength, balance, and flexibility while exploring the Pilates repertoire using our Wall Units, Combo Chairs, and multiple props. This total body workout emphasizing the core throughout is ideal for all levels. Modifications will be given.

## ▶ **Movement, Strength, & Mobility**

### **Rachael • All Levels**

A joint-friendly, 45-minute workout aimed at improving strength, tone, and the quality of movement. As an educator, personal trainer, and massage therapist, Rachael is a good fit for those interested in a focus-on-form program.

## **MUSCLE • Sonya**

### *All Levels*

This full-body strength workout targets every major muscle group using weights, bodyweight, and more. Class includes cardio conditioning blocks that complement the lifts.

*Keep flipping  
there's more!*



▶ **Pilates Mat Fusion • Meadow**

**All Levels**

A fun combo of full-body strengthening movement, active flexibility, and core! Expect a blend of traditional and non-traditional Pilates moves while creatively using a variety of props.

▶ **Pilates Rebound • Brooke**

**All Levels**

Ready, set, Rebound! This high-intensity, low-impact class uses a rebounder (mini-trampoline) to challenge and improve cardio health, while exploring the Pilates repertoire with equipment and props. Boosts balance, stability, and bone density, and strengthens the core and pelvic floor muscles. Shoes optional.

▶ **Plyo • Amid**

**Levels 2-4**

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!

▶ **PUMP'D • Sonya**

**Levels 2-3**

A fast-paced, full body workout designed to pump up your mood, motivation, and muscles! This class uses weighted strength and power style cardio moves to get your heart rate going, set to a poppin' playlist that'll boost you up inside and out.

▶ **Pure Strength • Amid**

**Levels 2-3**

A purely strength-based workout designed to build muscle and increase power. Expect to use a variety of equipment, including weighted barbells and dumbbells, as well as bodyweight exercises.

▶ **Qigong • Jeff**

**All Levels**

Join Jeff for a gentle, relaxing, and rejuvenating workout. Class includes stillness, movement, and breathwork to facilitate the movement of energy throughout our bodies to promote a feeling of wellbeing and calm.

▶ **Qigong/Tai Chi • Jeff**

**All Levels**

Jeff guides you through these ancient Eastern practices to manage stress in our modern world. Qigong means breath or energy skill in Chinese and Tai Chi Chuan is one of the most practiced forms of qigong. Class includes stillness, gentle movement & breath work to facilitate healing energy in the body. Regular practice will foster a sense of calm, balance, well-being & optimal health.

▶ **Restorative Yoga • Kori**

**All Levels**

This class focuses on supported postures that help the body release tension. Beneficial for stress reduction and for anyone looking to take a meaningful break from a busy life or workout regime.

▶ **Rhythm Ride • Genevieve, Meadow**

**All Levels**

It's ALL about the beat in this fun-filled cardio class. Challenge yourself in and out of the saddle and get ready to sweat! Light weights will be used for a quick blast of high endurance arm work mid-way. Emphasis on safe form and proper cycling technique will be taught.

▶ **Sculpt • Amid**

**Levels 2-3**

An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands, Pilates ring, and medicine balls to improve total body mobility.

▶ **SHRED • Clark**

**Levels 2-3**

Strength. HIIT. Resistance. Endurance. Determination. Shake up your routine with Clark's high-intensity circuit class. Get ready to conquer explosive cardio and powerful strength moves designed to ignite your inner athlete. Not recommended for those with injuries.

▶ **SoulFULL Flow Yoga • Sadé**  
*All Levels*

With a Vinyasa base, Sadé incorporates healing practices like psychology theory, dance somatics, and subtle-energy work to facilitate connection with our innate wholeness and then community. The intention is to give an experience of transformation through the body.

▶ **Strength Circuit • Jeremy, Jay**  
*Levels 1-3*

Lift your fitness with this strength building class that moves through a circuit of stations. Class switches up each week to keep your workout fresh!

**Strong & Fierce! • Tara**  
*All Levels*

Unleash your inner fierceness! Build strength and endurance in this high-paced class. Ever-changing circuits may include weight lifting, resistance bands, body weight, jump ropes and plyometrics.

**Tango: Donation Class • Mickey**  
*All Levels*

Join Esquina Tango to learn traditional salon style tango. Technique fundamentals will have you doing pivots in no time!

**The Challenge • Jeremy**  
*Levels 2-4*

6 circuit exercises each class. 6 different challenges throughout the year. One challenge each month. Every month targets a specific muscle group using fun equipment and props, and ends with a challenge: complete as many reps as you can for each exercise you've been building towards! Challenges repeat twice a year so you can measure improvement. Please no injuries.

▶ **Throwback Music Video Dance**  
**Sadé • All Levels**

Come bask in nostalgia with some authentic dance moves of the 90's and all things "throwback"! Sadé guides you through a body-inclusive warm-up, trivia, and some music video-themed fun!

**Total Body Build • Jeremy**  
*Levels 1-3*

Muscle isn't built in a day, but this full body strength workout will start you on your way. Grab heavy weights and bring your focus as Jeremy leads you through multiple muscle groups in a systematic way. Expect low reps, max effort, and a chill playlist while you focus on form. Prior experience using strength equipment is necessary.

**Total Body Strength • Josh**  
*All Levels*

Rise, shine, and get stronger! Using dumbbells, barbells, bodyweight, and more, you'll go through circuits that strengthen your entire body! Focus on fundamental movements like squats, rows, hinges, and presses, while also combining fresh, new movents that change every class.

▶ **Vinyasa Flow Yoga • Teacher Varies**  
*All Levels*

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

▶ **Vinyasa, Restorative, & Meditation**  
**Yoga • Gioconda • All Levels**

An artfully sequenced Vinyasa class followed by a restorative practice and short meditation designed to help you stay heart-centered throughout the rest of your day. You'll be able to participate in a way that is both nurturing and challenging, with options so you can choose the practice that is right for you.

**Wellness in Motion • Mark**  
*All Levels*

A class centered around improving the way you move! Dr. Mark Uridel blends his experience as a physical therapist, yoga instructor, and massage therapist to bring you more in touch with your overall wellbeing.

## **Workout Therapy • Robert**

### **Levels 2-3**

Your safe space to let go of it all! A creative combo class mixing martial arts, boxing, weights, and cardio moves. Leave the stress and frustration in a pile of sweat on your mat. Colorful language may be used as a motivational tool.

## **Yoga Tone • Collette**

### **All Levels**

Get your om and tone in one, with basic yoga postures and light to moderate hand weights! Yoga Tone combines the fitness benefits of yoga and weightlifting.

## **Yin Yoga • Kate, Vanush**

### **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, and pain management. The in-person class is heated to allow the body to release tension, stress, and improve flexibility while in a supported state.

## **Yoga Wall • Gillian, Karuna**

### **All Levels**

A practice that uses the wall, straps, and harnesses as the primary props. The wall props bring support to poses so that precision and fine tuning can be worked on, as well as a deeper understanding of familiar poses.

*All Levels: appropriate for most  
Level 1-2: novice/intermediate  
Level 2-3: intermediate/advanced  
Level 3-4: advanced/expert*

#### **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*

## **SIGN UP ONLINE/APP**

*Registration opens 6 days in advance, visit our website or our app to sign up!*



## **JOIN THE CLUB**

*At Castle Hill Fitness, you'll find a warm, welcoming community. Our monthly memberships are designed to be flexible and meet you wherever you are in your health journey. All members receive everyday discounts on services, a birthday service discount, and a monthly guest pass.*



# PRICING

## CLASS PASSES

(Good for in-person and remote classes)

One class.....	\$30
5 class card.....	\$130
10 class card.....	\$240
20 class card.....	\$440
1 week unlimited.....	\$70
31 day unlimited.....	\$189

## COMMUNITY CLASSES

(Non-member pricing)

One class.....	\$15
10 class card.....	\$100

(\$10 per class)

## MEMBERSHIPS

*Virtual Unlimited.....\$89/mo  
all remote classes and On Demand*

*Premier Level.....\$129/mo  
gym access, service discounts, classes extra*

*VIP Level.....\$169/mo  
all gym & classes, plus 10% off workshops/series*

*VIP Plus! Level.....\$219/mo  
all VIP benefits PLUS a 60-min massage/mo*

*Couples & Families.....save 10%*

*Students/Educators/Seniors.....save 20%*

*Join Now for \$0 Enrollment • No commitment*

*Extra savings & benefits with 12-mo commitment*

**SEE ALL THE BENEFITS ONLINE**

**PRICING DOES NOT INCLUDE SALES TAX**

# HELPFUL HINTS

**WELCOME!** We want your class experience at Castle Hill Fitness to be the best ever! Here are a few helpful hints, and if you ever have questions, let us know!

## BEFORE YOUR CLASS

Pre-register for classes online or in our Castle Hill Fitness app. Registration opens 6 days in advance. If you can't make it, you can cancel your 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 for class at the front desk.

» 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? Arrivals after 10 minutes will not be permitted to enter.

## 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're a part of it!
- » And most importantly...**HAVE FUN!**



## LOCALLY OWNED SINCE 2002

For 20 years, Castle Hill Fitness has been Austin's one-stop-shop for fitness and wellness. Under one roof, you'll find:

Strength Training • Pilates • Yoga • Boxing • Spin • Barre  
Fitness Testing • Virtual Classes & Training • Massage  
Skin Care • Lash & Brow Services • Acupuncture  
Physical Therapy • Chiropractic

*Come explore this Gem of a Gym!*

**CHF**  
CASTLE HILL  
FITNESS

512-478-4567 • [castlehillfitness.com](http://castlehillfitness.com)

1112 N. LAMAR BLVD  
AUSTIN, TX 78703

MON - THU: 5:30 AM - 10 PM  
FRI: 5:30 AM - 7 PM  
SAT - SUN: 8 AM - 7 PM

JOIN THE COMMUNITY

INSTAGRAM: @chfitness  
FACEBOOK: @CastleHillFitness