



IN-PERSON & REMOTE



# CLASS SCHEDULE

JAN 1 - MAY 31 2024

**CHF**  
CASTLE HILL  
FITNESS



# IN-PERSON CLASSES

## MONDAY

- ▶ 6:00–7:00AM **Run Club**  
Clark • All Levels • Outdoor Studio **H**
- 7:00–7:45AM **Strong & Fierce!**  
Tara • Levels 1-3 • Multisport Room **H**
- ▶ 9:30–10:15AM **WERK**  
Sabrina • All Levels • 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**  
Heather • 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 **Vinyasa Flow Yoga HEATED**  
Vanush • All Levels • Chakras Room **L**
- ▶ 5:30–6:15PM **CYCLE Strength**  
Josh • All Levels • Multisport Room **L**
- 5:45–6:45PM **Hatha Flow Yoga**  
Leti • All Levels • Chakras Room **L**
- ▶ 5:45–6:30PM **Knockout**  
Amid • Levels 2-3 • Martial Arts Room **H**
- 6:00–6:55PM **All Levels Pilates Equipment**  
Celeste • All Levels • Pilates Studio **L**
- ▶ 6:00–7:00PM **Afro Latin Flow Dance**  
Daniela • 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

7:00–7:45AM

### MUSCLE

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

7:00–7:55AM

### All Levels Pilates Equipment

Stephanie • All Levels • Pilates Studio **L**

8:00–8:45AM

### CYCLE Classic

Amy • 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!

Meadow • All Levels • Lotus Room **L**

▶ 11:00–11:45AM

### Circuit Games

Jay • All Levels • Multisport Room **L**

noon–12:55PM

### All Levels Pilates Equipment

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

noon–1:00PM

### Yoga Wall

Karuna • All Levels • Lotus Room **L**

▶ noon–12:45PM

### The Rebound

Tiffany • All Levels • Multisport Room **L**

4:30–5:15PM

### Pilates Mat Fusion

Meadow • All Levels • Lotus Room **L**

5:30–6:15PM

### CYCLE Beats

Meadow • All Levels • Multisport Room **L**

5:30–6:15PM

### Yoga Tone LIVE!

Collette • All Levels • Lotus Room **L**

6:00–6:55PM

### All Levels Pilates Equipment

Sam • All Levels • Pilates Studio **L**

6:30–7:15PM

### Candlelight Yin Yoga LIVE!

Collette • All Levels • Lotus Room **L**

6:30–7:30PM

### Alignment/Iyengar Yoga

Gillian • All Levels • Chakras Room **L**

6:30–7:15PM

### The Challenge

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

# WEDNESDAY

- ▶ 6:00–7:00AM **Run Club**  
Clark • All Levels • Outdoor Studio **H**
- 7:00–8:00AM **Total Body Build**  
Jeremy • Levels 1-3 • Multisport Room **L**
- 9:30–10:15AM **Strength Circuit LIVE!**  
Jay • Levels 2-3 • Multisport Room **L**
- ▶ 9:30–10:30AM **Hatha Flow Yoga**  
Vanush • All Levels • Lotus Room **L**
- 10:15–11:00AM **Pilates Rebound**  
Brooke • All Levels • Chakras Room **L**
- noon–1:00PM **Kickboxing**  
Robert • Levels 2-4 • Martial Arts Room **H**
- noon–12:55PM **All Levels Pilates Equipment**  
Gregory • All Levels • Pilates Studio **L**
- noon–12:45PM **BURN LIVE!**  
Amid • Levels 2-4 • Multisport Room **H**
- noon–1:00PM **Yin Yoga**  
Collette • All Levels • Chakras Room **L**
- 4:30–5:15PM **Castle Barre LIVE!**  
Kelly • All Levels • Lotus Room **L**
- ▶ 5:00–5:25PM **BOOTY CORE**  
Jeremy • All Levels • Multisport Room **L**
- 5:30–6:15PM **CYCLE Strength**  
Josh • All Levels • Multisport Room **L**
- 5:45–6:45PM **Hatha Flow Yoga**  
Collette • All Levels • Chakras Room **L**
- ▶ 6:00–7:00PM **Hit Yo Dance Fitness**  
Sabrina • All Levels • Lotus Room **L**
- 6:00–6:55PM **Beginner Pilates Equipment**  
Celeste • All Levels • Pilates Studio **L**
- 6:30–7:30PM **Strength Circuit**  
Jeremy • Levels 2-3 • Multisport Room **L**

*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

# THURSDAY

7:00–7:45AM	<b>MUSCLE</b> Sonya • All Levels • Multisport Room <b>L</b>
7:00–7:55AM	<b>All Levels Pilates Equipment</b> Desi • All Levels • Pilates Studio <b>L</b>
8:00–8:45AM	<b>CYCLE Classic</b> Sonya • 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> Kelly • All Levels • Lotus Room <b>L</b>
11:00–11:55AM	<b>All Levels Pilates Equipment</b> Brooke • All Levels • Pilates Studio <b>L</b>
noon–1:00PM	<b>Yoga Wall</b> Gillian • All Levels • Lotus Room <b>L</b>
noon–12:45PM	<b>The Rebound</b> Tiffany • All Levels • Multisport Room <b>L</b>
▶ 5:00–5:25PM	<b>BOOTY CORE</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> Gregory • All Levels • Pilates Studio <b>L</b>
6:30–7:15PM	<b>The Challenge</b> Jeremy • Levels 2-4 • Multisport Room <b>H</b>
6:30–7:15PM	<b>Candlelight Yin Yoga LIVE!</b> Collette • All Levels • Lotus Room <b>L</b>

— Z O S P I N —

## WHAT'S NEW

**Let's Dance!** Come groove and work up a sweat in a variety of dance formats with new instructors Daniela, Sabrina, and Sarah!

**Friday Yoga** Unwind from your week with Kelly's LIVE! noon Yin, or Restorative yoga with Vanush at 2:30pm.

**More, More, More!** Rise and shine in Clark's Run Club, fire up your evening in Amid's kickboxing class, or join Jeremy or Meadow for an express glutes and core workout!

# FRIDAY

- 6:00–6:45AM **Total Body Strength**  
Josh • All Levels • Multisport Room **L**
- 8:00–9:00AM **Workout Therapy**  
Robert • Levels 2-3 • Multisport Room **H**
- 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 **Yin Yoga LIVE!**  
Kelly • All Levels • Lotus Room **L**
- 1:15–2:00PM **Castle Barre**  
Meadow • All Levels • Lotus Room **L**
- ▶ 2:30–3:30PM **Restorative Yoga**  
Vanush • All Levels • Chakras Room **L**
- 5:00–6:00PM **TANGO DONATION CLASS**  
Mickey • All Levels • Chakras Room **L**
- 5:30–6:15PM **CYCLE Strength**  
Jay • All Levels • Multisport Room **L**

# SATURDAY

- 9:00–9:55AM **Beginner Pilates Equipment**  
Gregory • All Levels • Pilates Studio **L**
- 9:00–9:45AM **CYCLE Classic**  
Sonya • All Levels • Multisport Room **L**
- 10:00–10:55AM **Intermediate Pilates Equipment**  
Gregory • Levels 2-3 • Pilates Studio **L**
- 10:00–10:45AM **MUSCLE**  
Sonya • All Levels • Multisport Room **L**
- ▶ 10:30–11:30AM **Sparkle Pop Dance**  
Sarah • All Levels • Lotus Room **L**

- 10:30–11:30AM **Hatha Flow Yoga**  
Leti • All Levels • Chakras Room **L**
- ▶ 11:00–11:25PM **BOOTY CORE**  
Jeremy • All Levels • Multisport 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**
- noon–1:15PM **Restorative Yoga**  
Vanush • All Levels • Chakras Room **L**

## SUNDAY

- 8:30–10:00AM **Led Ashtanga**  
Juan • All Levels • Chakras Room **L**
- 9:00–9:45AM **POWER Circuit**  
Clark • Levels 2-3 • Multisport Room **H**
- 9:30–10:45PM **Vinyasa Flow Yoga HEATED**  
Vanush • All Levels • Lotus Room **L**
- 10:15–11:00AM **CYCLE Classic**  
Jay • All Levels • Multisport Room **L**
- 11:00–11:55AM **All Levels Pilates Equipment**  
Celeste • All Levels • Pilates Studio **L**
- ▶ 11:15–12:00PM **Strength Circuit LIVE!**  
Jay • Levels 2-3 • Multisport Room **L**
- 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**
- 1:15–2:30PM **Yin Yoga HEATED**  
Vanush • All Levels • Lotus Room **L**
- 5:00–6:30PM **Restorative Yoga**  
Kori • All Levels • Chakras Room **L**

### SIGN UP ONLINE/APP

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.

*Registration opens in 6 days in advance.*

SCAN THE CODE TO VIEW SCHEDULE ONLINE.



# 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**  
Meadow • All Levels **L**
- 5:30–6:15PM **Yoga Tone**  
Collette • All Levels **L**
- 6:30–7:15PM **Candlelight Yin Yoga**  
Collette • All Levels **L**

## WEDNESDAY

- 9:30–10:15AM **Strength Circuit**  
Jay • Levels 2-3 **L**
- noon–12:45PM **BURN**  
Amid • Levels 2-4 **H**
- 4:30–5:15PM **Castle Barre**  
Kelly • All Levels **L**

### 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.**





## 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**
- 5:30–6:15PM **Yoga Tone**  
Collette • *All Levels* **L**
- 6:30–7:15PM **Candlelight Yin Yoga**  
Collette • *All Levels* **L**

## FRIDAY

- 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 **Yin Yoga**  
Kelly • *All Levels* **L**

## SATURDAY

- 11:30–12:30PM **Total Body Build**  
Jeremy • *Levels 1-3* **L**

## SUNDAY

- ▶ 11:15–12:00PM **Strength Circuit**  
Jay • *Levels 2-3* **L**
- noon–12:55PM **Intermediate/Advanced Mat Pilates**  
Celeste • *Levels 2-3* **L**

REMOTE

# DESCRIPTIONS

## ▶ **Afro Latin Flow Dance • Daniela** *All Levels*

A unique combination of West African and Latin Dance, and contemporary movement. Learn the steps of a short, dynamic choreography by repeating them to the rhythm of live drums! Expect a full-body workout with a lower body focus, and a cardio blast that'll keep your heart rate pumping.

## **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.

## **Ashtanga Led • Juan** *All Levels*

Flow through the Primary Series of Ashtanga Yoga at a consistent pace. Each move and breath is counted as the names of the postures are called out. No late arrivals. Some yoga experience required - beginners are encouraged to attend the separate Ashtanga Mysore program before joining this class. No practice on moon days.

## **Beginner Pilates Equipment** **Celeste, Gregory • 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.

## ▶ **BOOTY CORE • Jeremy, Meadow** *All Levels*

Crunched for time? This express class will work your glutes and core in less than 30 minutes!

## **BURN • Amid** *Levels 2-4*

An intense way to burn calories while consistently improving strength and endurance, plyometrics is popular with everyone who is looking for top results. Expect to jump!

## **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.

### WORKSHOPS/SERIES

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



### **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 • Kelly, Meadow** *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.

### **Circuit Games • Jay** *All Levels*

Come ready to PLAY! This full-body, cardio-heavy class is all about the game, from tag to bear crawl races, using a variety of props.

### **CYCLE Beats • Meadow** *All Levels*

Challenge yourself in and out of the saddle as you ride to the beat of the music! Work hard and sweat as you move through choreographed drills set to a poppin' playlist.

### **CYCLE Classic • Amy, Jay, Sonya** *All Levels*

A classic for a reason! Whether you're an experienced cyclist or simply looking for some energetic cardio, expect a workout that'll get the heart racing and endorphins flowing. Spin bikes are equipped with dual pedals, one flat side for athletic shoes, the other side with SPD spin shoe clips.

### **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, Vanush • 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!

### **Hit Yo Dance Fitness • Sabrina** *All Levels*

Turn the energy UP with a dance workout that'll bring on the sweat! This cardio class is jam-packed with fun dance moves set to a fierce playlist. Let loose, be free, and feel amazing! Let's dance!

### **Immunity Yoga • Devon** *All Levels*

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

### **Intermediate Pilates Equipment** **Gregory, Heather • 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.

### **Kickboxing • Robert** *Levels 2-4*

This class promotes endurance, strength, and agility. Achieve total body conditioning with plyo and weight work. Gain confidence with mixed martial arts punch/kick combos and groundwork.

### **Knockout • Amid** *Levels 2-3*

An intense, martial arts inspired kickboxing class focusing on kicks and punches on the bags, strength conditioning calisthenics drills, and 10 minutes of core and glutes exercises.

### **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, body-weight, and resistance bands to build lean muscle. Movements are scalable and appropriate for any fitness level.

*Keep flipping  
there's more!*



### **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.

### **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.

### **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.

### **POWER Circuit • Clark**

#### **Levels 2-3**

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.

### **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. Class includes stillness, gentle movement & breathwork to facilitate healing energy in the body. Regular practice will foster a sense of calm, balance, well-being & optimal health.

### **Restorative Yoga • Kori, Vanush**

#### **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.

### ▶ **Run Club • Clark**

#### **All Levels**

Start the day off on a strong foot! Enjoy a 40-min run around the neighborhood, looping back to the studio where you'll end with runner-specific strength exercises and adaptive recovery. Routes may vary weekly.

### **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 and medicine balls to improve total body mobility.

### ▶ **Sparkle Pop Dance • Sarah**

#### **All Levels**

A cardio dance party filled with cathartic shimee's and body rolls! Flow through a gentle war-up with breathwork and improv, before firing up your body with heart-pumping moves. Learn iconic and sparkly choreography that'll let your soul SHINE through. Bring your friends, bring your enemies, and sweat it OUT!

### **Strength Circuit • Jeremy, Jay**

#### **Levels 2-3**

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** *Levels 1-3*

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 plyo.

### **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 challenges throughout the year. One challenge each month, targeting a specific muscle group with the goal to complete as many reps as you can for each exercise you've been building towards! Please no injuries.

### **The Rebound • Tiffany** *All Levels*

Jump into a whole new kind of strength workout! Use the rebounder (mini-trampoline) and a variety of props in this fast-paced, low-impact circuit class. Get your heart rate going as you move through different stations, on and off the rebounder, and build stamina, strength, and endurance! Shoes required.

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

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

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

Rise, shine, and get stronger! Using weights, bodyweight, and more, you'll go through circuits that strengthen your whole body! Focus on fundamental moves like squats, rows, hinges, and presses, while also combining fresh, new movements 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.

### ▶ **WERK • Sabrina** *All Levels*

Weights. Endurance. Resistance. Kick-boxing. Get ready to WERK, and have fun doing it! This high-energy, full-body workout has it all, with weighted strength exercises and cardio blasts, synced to the best of music.

### **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.

### ▶ **Yin Yoga • Collette, Kelly, 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. Select classes are heated - this help the body release tension, stress, and improve flexibility while in a calm and supported state.

### **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.

### **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*

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*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

## WE'RE AT YOUR SERVICE

### SPA & WELLNESS SERVICES

*Caring for your body is more than just breaking a sweat or achieving a PR. We offer Spa and Integrative Wellness services to help you heal, recover, and achieve your healthy living goals!*

- Acupuncture and Herbal Medicine
- Massage Therapy
- Chiropractic Care & Physical Therapy
- Facials, Microcurrent, Dermaplaning
- Lashes and Brows
- Nutritional Therapy, and more!

### PERSONAL TRAINING & PILATES

*Reach your goal, stay accountable, and avoid plateaus with our dedicated staff of Pilates Instructors & Personal Trainers.*

#### TRAINING



#### SPA



#### WELLNESS



*Scan the QR codes to view service menus.  
Discounts for members, open to everyone!*

## 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
<i>all remote classes and On Demand</i>	
Premier Level.....	\$129/mo
<i>gym access, service discounts, classes extra</i>	
VIP Level.....	\$169/mo
<i>all gym &amp; classes, plus 10% off workshops/series</i>	
VIP Plus! Level.....	\$219/mo
<i>all VIP benefits PLUS a 60-min spa treatment/mo</i>	
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 over 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

JOIN THE COMMUNITY

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

INSTAGRAM: @chfitness  
FACEBOOK: @CastleHillFitness