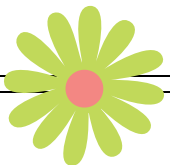
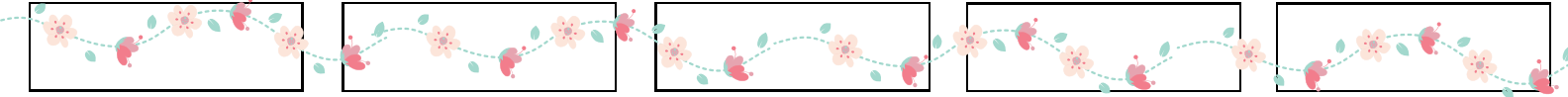
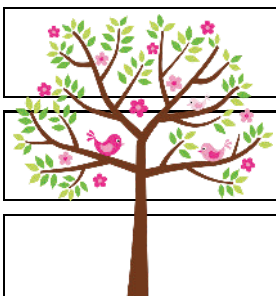


APRIL 2024

TIME	MON	TUE	WED	THU	FRI	SAT
05:00 AM	Cycle w/Vicki @GF Rm 1	Body Shock w/Vicki @Turf	Cycle w/Vicki @GF Rm 1	Body Shock w/Vicki @GF Rm 1		
06:00 AM	Apocalypse w/Becky @Turf		Apocalypse w/Becky @Turf		Bazooka Build w/Becky @Turf	
08:00 AM	Body Shock w/Vicki @Turf	Body Shock w/Vicki @Court 2	Yoga Flow w/Becky @GF Rm 1	Body Shock w/Vicki @Turf		Surge Fit w/ America @GF Rm 1
08:30 AM						Yoga Flow w/Tina @GF Rm 2
09:15 AM	Boot Camp w/ Kristina @Court 2	High Fitness w/Amy @GF Rm 1	Group Strength w/Kristina @Court 2	High Fitness w/Jen B @GF Rm 1	Power Circuit w/ Kristina @Court 2	Bazooka Build w/Rotating @Turf
10:00 AM	Stretch Lab w/ Kristina @Court 2					
04:30 PM		Barre w/Emily @GF Rm 1		Barre w/Emily @GF Rm 1		
05:30 PM	Attitude Adjustment w/Sarah @GF Rm 1	Guns & Buns w/Evan @GF Rm 1	Wild Card Wednesday w/Sarah @GF Rm 1	Guns & Buns w/Mindy @GF Rm 1		
05:30 PM	Yoga Flow w/Tina @GF Rm 2					
06:30 PM	Zumba w/Carla @GF Rm 1	Salsa Boxing w/Carla @GF Rm 1		Zumba w/Luis @GF Rm 1		
06:30 PM		Abs w/Evan@Turf		Abs & Mobility w/Evan @Turf		

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 [CHFIT.COM/CLASSES](https://chfit.com/classes)



Class Descriptions

Reservations required @chfit.com/classes or through the GymMaster app. Free for members ages 14 & up. Guests \$10. Classes could be moved or canceled, based on weather & other factors. 709 N Phoenix Rd Medford 541.245.0432 ext 2

Abs

Strengthens the muscles of the abs & back with non-stop, core-sculpting moves. Great addition to any fitness routine!

Boot Camp

Increase muscle strength & cardio endurance with plyometric & cardio intervals.

Stretch Lab

15 minutes of mobility & stretching to help improve movement & structural imbalances

Abs & Mobility

Sculpt your core & increase your flexibility & mobility. It's a 2-fer!

Group Strength

Pure weight training. Challenge yourself using a combination of barbells, dumbbells & plates to develop strength, power & endurance.

SURGE Fit

Energizing HIIT workout will get results fast! Cardio & high-rep strength training to shape and tone your body for maximum results. Feel the surge!

Apocalypse

Fun, full-body workout that will have your heart pumping & muscles fatigued. Using a variety of items or none at all, this class is guaranteed to shake up your normal routine.

Guns & Buns

Targets arms & rear view! Variety of movements designed to tone, lift & pump your heart rate up! Every class is different, using weights, bands, & intervals. Burn calories & build strength. All levels.

Wild Card Wednesday

Could be Stretch and Core, might be HIIT or Tabata. Maybe full-body strength training or something else! You'll leave sweaty and hungry for dinner.

Attitude Adjustment

Full range movements & time under tension. This popular 45-minute class is geared to optimize strength & to build endurance!

High Fitness

Transforms old school aerobics into simple, modern fitness techniques, combining H.I.I.T., plyometrics & dance movements. Intense & crazy fun workout!

Yoga Flow

Level 1-2 Vinyasa yoga practice centered in breath & movement, focusing on strength, flexibility, & balance. This is fitness-style yoga. Modifications are instructed.

Barre

Combines Pilates, functional fitness, & dance. Isolated movements to fatigue muscles, large range of motion to elevate heart rate. Improves strength, endurance, & balance.

Power Circuit

Bring your inner athlete! Stations set up to work at your own pace, combining H.I.I.T. & fun drills. Kettlebells, resistance tubing, Bosu Balls, & more.

Zumba

Fusion of Latin & International music/dance themes that create a dynamic & exciting workout. Fun class!

Bazooka Build

45-min class that reinvents the wheel on circuit training, incorporating strength, cardio, power, & core for a total body workout!

Power Cycle

This cycle class utilizes drills and timed sets to improve cardio and strengthen bike form. Great music and never boring... we don't sit, we RIDE!

Body Shock

Shock your body but in that good way! HIIT, Strength, or a mix of both. This functional workout can be modified or intensified! All are welcome!

Salsa Boxing

Combines pop music & boxing with Latin dance & hip hop.



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