



# MAY 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		

Scan for the app!



iOS



Android

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



# Class Descriptions

Reservations required @[chfit.com/classes](http://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.



Reservations required @[chfit.com/classes](http://chfit.com/classes) or through the GymMaster app. Free for members ages 14 & up. Guests \$10.