



**NO CLASSES  
JULY 4TH - 6TH**

# JULY 2024

TIME	MON	TUE	WED	THU	FRI	SAT
05:00 AM	POWER CYCLE W/ VICKI @ GF RM 1	BODY SHOCK W/ VICKI @ TURF	POWER CYCLE W/ VICKI @ GF RM 1	BODY SHOCK W/ VICKI @ GF RM 1		
06:00 AM	APOCALYPSE W/ BECKY @ TURF		POWER ACTIVATION W/ BECKY @ TURF		MIND TO MOVEMENT W/ BECKY @ TURF	
08:00 AM	BODY SHOCK W/ VICKI @ TURF	BODY SHOCK W/ VICKI @ COURT 2	YOGA FLOW W/ BECKY @ GF RM 2	BODY SHOCK W/ VICKI @ TURF		
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 @ GF RM 1	POWER CIRCUIT W/ KRISTINA @ COURT 2	BAZOOKA BUILD W/ MOLLY @ 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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**RESERVE YOUR SPOT @ [CHFIT.COM/CLASSES](https://chfit.com/classes)**



# CLASS DESCRIPTIONS

Reservations required @ [chfit.com/classes](http://chfit.com/classes) or GymMaster app. Free for members ages 14 & up. Guests \$10. Classes could be moved/canceled. 709 N Phoenix Rd, Medford, OR 541.245.0432 x2

## Abs

Strengthens the muscles of the abs & the back with non-stop, core-sculpting moves. Isolated & full body movements to hit each part of the core!

## Attitude Adjustment

Full range movements & time under tension. This popular 45 minute class is geared to optimize strength & to build endurance! Different styles of workouts each class!

## Boot Camp

Increase muscle strength & cardio endurance with plyometric & cardio intervals. Join us for Stretch Lab directly afterward!

## Guns & Buns

Targets arms & rear view! Variety of movements designed to tone, lift & pump your heart rate up! Using weights, bands, & intervals. Burn calories & build strength.

## Power Activation

Hit all muscle groups while learning why we increase/decrease weights depending on size of the muscle. Incorporates fun music tracks with knowledge of proper form!

## Salsa Boxing

Have fun while you sweat! Combines pop music & boxing with Latin & hip hop dance styles. Keeps the heart rate up & the hips grooving!

## 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.

## Abs & Mobility

Strengthens the muscles of the abs & back with non-stop, core-sculpting moves. Mobility to improve movement & imbalances! 30 minutes of abs & 15 minutes of mobility.

## Barre

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

## Bazooka Build

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

## High Fitness

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

## 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.

## Stretch Lab

15 minutes of mobility & stretching to help improve movement & structural imbalances throughout the body. Stretch Lab follows Boot Camp- try both!

## Zumba

Fusion of Latin & International music & dance themes that create a dynamic & exciting workout. Keeps the heart rate up & the hips grooving!

## 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.

## 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!

## Group Strength

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

## Mind to Movement

A variety of different movement patterns to keep your mind sharp & feet quick. Incorporates weight training, resistance & balance. Fun music to motivate you!

## 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!

## 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.

