



NO CLASSES OR
CHILD CARD ON
NOV 11/28/29/30!

NOVEMBER

TIME	MON	TUE	WED	THU	FRI	SAT	
05:00 AM	POWER CYCLE W/ VICKI @ GF RM	BODY SHOCK W/ VICKI @ TURF	POWER CYCLE W/ VICKI @ GF RM	BODY SHOCK W/ VICKI @ GF RM			
06:00 AM	TRIPLE THREAT W/ BECKY @ GF RM		POWER ACTIVATION W/ BECKY @ COURT 2				
08:00 AM	BODY SHOCK W/ VICKI @ TURF	BODY SHOCK W/ VICKI @ COURT 2	YOGA FLOW W/ BECKY @ GF RM	BODY SHOCK W/ VICKI @ TURF			
08:30 AM						YOGA FLOW W/ TINA @ GF RM	
09:15 AM	BOOT CAMP W/ KRISTINA @ COURT 2	CARDIO CRUSH W/ KRISTINA @ COURT 2	GROUP STRENGTH W/ KRISTINA @ COURT 2	HIGH FITNESS W/ JEN @ GF RM		POWER CIRCUIT W/ KRISTINA @ COURT 2	BAZOOKA BUILD W/ MOLLY @ TURF
10:00 AM	STRETCH LAB W/ KRISTINA @ COURT 2						
04:30 PM		CORE & MOBILITY FLOW W/ EMILY @ GF RM		CORE & MOBILITY FLOW W/ EMILY @ GF RM			
05:30 PM	MAT PILATES W/ TINA @ GF RM	GUNS & BUNS W/ EVAN @ GF RM	FUNCTIONAL FITNESS W/ EVAN @ GF RM	POWER SCULPT W/ BECCA @ GF RM			
06:30 PM	ZUMBA W/ CARLA @ GF RM	SALSA BOXING W/ CARLA @ GF RM	ZUMBA W/ LUIS @ GF RM	ABS & MOBILITY W/ EVAN @ TURF			
06:30 PM		ABS W/ EVAN @ TURF					

SCAN FOR THE APP!



iOS



Android

RESERVE YOUR SPOT @ CHFIT.COM/CLASSES



CLASS DESCRIPTIONS

Reservations required @ 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

This core class is designed to strength the abs & back with non-stop, core-sculpting moves. A great addition to any fitness 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!

Core & Mobility Flow

Low impact workout combining attributes of Pilates & mobility movements to enhance joint range of motion, flexibility & core strength.

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!

Power Sculpt

This class alternates between bootcamp style circuits, strength & resistance training, HIIT bursts & functional movements. Build endurance, tone muscles & stay energized!

Triple Threat

A convergence of biking, muscle pump & mind to movement in random 15 minute increments. The perfect 45 minute workout to start your Monday!

Abs & Mobility

Sculpt your abs the first part of class & increase your flexibility & mobility through a variety of stretches for the remainder! 30 minutes of abs & 15 minutes of mobility!

Boot Camp

Increase muscle strength & cardio endurance with plyometric & cardio intervals. Join us for 15 min of Stretch Lab directly afterward!

Functional Fitness

Uses various movements to increase strength, balance, coordination, power, range of motion & mobility, achieved by the use of weights, bands, kettlebells & more!

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.

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.

Bazooka Build

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

Cardio Crush

Come sweat with us doing a mix of kickboxing, HIIT & step aerobics. This cardio class will torch calories, leaving you drenched in sweat, energized & ready to start your day!

Group Strength

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

Mat Pilates

This mind-body class focuses on strengthening & lengthening the whole body through emphasis on core work & breath work, improving flexibility & posture!

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!

Stretch Lab

Stretch Lab immediately follows our Boot Camp class! 15 minutes of mobility & stretching to help improve any movement & structural imbalances you may have!

Zumba

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