



APRIL

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 @ COURT 2		
06:00 AM			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
09:00 AM	NEW! MAT PILATES W/ KAIT @ 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
09:30 AM						NEW! MAT PILATES W/ KAIT @ GF RM
10:00 AM	STRETCH LAB W/ KRISTINA @ COURT 2					
10:30 AM						NEW! MAT PILATES W/ KAIT @ GF RM
04:30 PM		BARRE W/ KAIT @ GF RM		BARRE W/ KAIT @ 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/ BECCA @ TURF		
06:30 PM		ABS W/ EVAN @ TURF		NEW! YOGA SCULPT W/ KAIT @ GF RM		

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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!

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!

Barre

Barre is a low-impact, high-intensity workout that combines elements of ballet, Pilates, & yoga, focusing on small, controlled movements to build strength, tone muscles, & improve flexibility.

Bazooka Build

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

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!

Boot Camp

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

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!

Functional Fitness

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

Group Strength

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

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.

High Fitness

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

Mat Pilates

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

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 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.

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!

Power Sculpt

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

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!

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!

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.

Yoga Sculpt

A full-body workout combining the mindful movement & flexibility of yoga, the strengthening & toning benefits of Pilates, & incorporating the heart-pumping intensity of cardio exercises.

Zumba

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