



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		
07:00 AM		POWER CYCLE W/ CYNTHIA @ GF RM		POWER CYCLE W/ CYNTHIA @ GF RM		
08:00 AM	BODY SHOCK W/ VICKI @ TURF	BODY SHOCK W/ VICKI @ COURT 2	YOGA FLOW W/ KATIE @ GF RM	BODY SHOCK W/ VICKI @ COURT 2		
08:00 AM				YOGA SCULPT W/ KATIE @ GF RM		
08:15 AM					STRENGTH & STABILITY W/ EVAN @ GF RM	YOGA FLOW W/ TINA @ GF RM
09:00 AM	YOGA SCULPT W/ KATIE @ GF RM		MAT PILATES W/ KATIE @ GF RM			
09:15 AM					MAT PILATES W/ KATIE @ GF RM	
09:15 AM	BOOT CAMP W/ KRISTINA @ COURT 2	CYCLE SCULPT W/ KRISTINA @ GF RM	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						MAT PILATES W/ TINA @ GF RM
04:15 PM	YOGA FLOW W/ KATIE @ GF RM	YOGA SCULPT W/ KATIE @ GF RM	YOGA FLOW W/ KATIE @ GF RM			
04:30 PM				YOGA SCULPT W/ TINA @ GF RM		
05:30 PM	MAT PILATES W/ TINA @ GF RM	GUNS & BUNS W/ EVAN @ GF RM	FUNCTIONAL FITNESS W/ EVAN @ GF RM			
06:15 PM				45 STRONG W/ MINDY @ GF RM		
06:30 PM	ZUMBA W/ CARLA @ GF RM	SALSA BOXING W/ CARLA @ GF RM				
06:30 PM		ABS W/ EVAN @ TURF				

**RESERVE YOUR SPOT:
CHFIT.COM/CLASSES
OR SCAN FOR THE APP**



iOS



Android

CLASS DESCRIPTIONS

Reservations required @ chfit.com/classes or GymMaster app. Free for members ages 14 & older. Guests \$10. Classes may be moved/cancelled. 709 North Phoenix Road, Medford, OR 541.245.0432

45 Strong

Designed to build muscular endurance & improve form. Using barbells, free weights, & functional movements to challenge major muscle groups w/ proper technique & controlled intensity.

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!

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 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!

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

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

Boot Camp

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

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!

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 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.

Bazooka Build

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

Cycle Sculpt

Come sweat with us doing a mix of cycle & strength training. This hybrid class will torch calories, build strength & leave you drenched in sweat, energized & ready to start your day!

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 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.

Strength & Stability

A full-body workout that blends calisthenics, core-focused training, & isometric holds to build control, mobility, & functional strength. Designed to challenge balance & stability.

Zumba

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