



JULY

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		
08:15 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
10:00 AM			NEW! CHAIR YOGA W/ KATIE @ GF RM			
11:00 AM						FAMILY FLOW & FUN W/ KATIE @ GF RM <i>2nd Saturday of every month</i>
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	MAT PILATES W/ KATIE @ GF RM			
06:30 PM		ABS W/ EVAN @ TURF				

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CHFIT.COM/CLASSES
OR SCAN FOR THE APP



iOS



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CLASS DESCRIPTIONS

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.

Abs

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

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!

NEW! Chair Yoga

A gentle, chair-supported class that improves flexibility, strength, balance, breathwork & relaxation. Perfect for seniors and/or those with limited mobility. No experience needed.

Family Flow & Fun

2nd Saturday of every month! A fun, relaxed class where parents & kids move, stretch & connect together through easy yoga poses & playful activities. For ages 6-12 with a parent.

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!

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 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! **First cycle class? Please arrive 10 min early to set up!**

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!

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.

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!

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 ext. 2