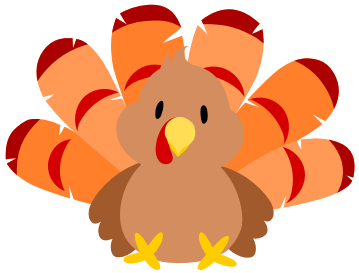
NOVEMBER

Group Fitness Schedule - Court House Family Fitness

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		LABLAST W/ DANIELLE @ GF RM		LABLAST W/ DANIELLE @ GF RM		
08:15 AM					STRENGTH & STABILITY W/ EVAN @ GF RM	YOGA FLOW W/ TINA @ GF RM
09:00 AM			MAT PILATES W/ KATIE @ GF RM			
09:15 AM		GROUP CENTERGY W/ DANIELLE @ KARATE		GROUP CENTERGY W/ DANIELLE @ KARATE	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			CHAIR YOGA W/ KATIE @ GF RM			
10:15 AM	SILVER STRENGTH W/ KATIE @ GF RM					
12:15 PM	FLEXIBLE STEEL W/ PETER @ GF RM	MAT PILATES W/ PETER @ GF RM	FLEXIBLE STEEL W/ PETER @ GF RM	MAT PILATES W/ PETER @ GF RM		
04:15 PM	YOGA FLOW W/ KATIE @ GF RM	POWER FLOW W/ KATIE @ GF RM				
04:30 PM			SCULPT W/ KRISTINA @ GF RM	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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iOS *Android*

CLASS DESCRIPTIONS

45 Strong
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!

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.

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!

Flexible Steel
Utilizing Indian clubs, ropes, & mobility sticks. Improves posture, coordination, & dynamic flexibility. Develop strength in your grip, hands, arms, shoulders & trunk of the body.

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 Centergy
Yoga & Pilates fundamentals incorporated with athletic training for balance, mobility, flexibility, & the core. Flow with the music through this full-body fitness journey.

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!

LaBlast
Ballroom-based dance class (think DWTS but without a partner). We jive, cha cha, salsa, quickstep, etc. our way through a great fitness dance 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!

Power Flow
A dynamic intermediate-level full-body workout that blends the strength & control of Pilates, the balance & mobility of Yoga, the intensity of HIIT, & the power of weight training.

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!

Sculpt
A full-body strength & sculpt class using resistance bands, dumbbells, & gliders to build lean muscle, improve stability, & leave you feeling strong!

Silver Strength+Aerobics
A low-impact class designed to build strength, improve mobility, & boost cardiovascular health without unnecessary strain. *Optional to use a chair for support.

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!

Holiday Closures
Classes will be cancelled the following days for the holiday:
Evening classes cancelled Wed, 11/25
ALL classes cancelled Thu, 11/26 - Sat, 11/28

Reservations required @ chfit.com/classes or through the GymMaster app. Free for members ages 14 & older. Guests $10. Classes may be moved or cancelled.
709 N Phoenix Road, Medford, OR (541) 245-0432