

January - April 2017 Class Descriptions



***NEW* Hot Pilates Mat:** Total body workout with emphasis on the core. Includes strength training, light cardio and total body toning and sculpting. Various levels are shown throughout class to accommodate all levels. All levels. 45 min.

***NEW* Hot Barre:** High energy workout for the whole body. Most of class is done at the barre with a focus on the glutes and thighs. Pilates mat and arm strength are incorporated to tone, sculpt and strengthen from head to toe. Various levels shown allow participants to customize their workout. All levels. 45 min.

***NEW* Hot TRX:** Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension straps, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. All levels. 45 min.

Hot 60: A 60 minute series of 26 postures, performed in a precise order one time, at approximately 105°F and 30% humidity. The sequence is specifically designed to incorporate strength, balance and flexibility. Great for beginners, all levels welcome.

Hot 75: A 75 minute series of 26 postures, performed in a precise order one and a half times, at approximately 105°F and 30% humidity. The sequence is specifically designed to incorporate strength, balance and flexibility. We suggest trying a couple Hot 60s before you jump into a Hot 75. Level 2+.

Hot Vinyasa/Hot Vinyasa Express: Vinyasa yoga is a practice where postures (asanas) are connected through the breath for a transformative and balancing effect. Hot Vinyasa Flow is a dynamic practice that offers the full spectrum of yoga benefits: endurance, flexibility and strength. With no two vinyasa flow classes being the same, you will be given a different, yet rewarding experience every time you step onto your yoga mat. 85-95°F. All Levels.

Hot Power/Hot Power Express: Based on the principles of vinyasa yoga, Hot Power is a higher intensity flow class that will energize and challenge both your body and your mind. During Hot Power we invite you to meet resistance, adversity and challenge, on and off your yoga mat, helping you find your "zen" as you flow tenaciously. 85-95°F. Levels 2-3.

Heated CardiYoga: Boost your metabolism, work hard and have fun! This vinyasa-based class will get you up and off your mat, increase your heart rate with short cardio bursts, in addition to a challenging flow which still focuses on breath and good form. 80-85 degrees. All levels.

Hot Yoga Burn: This practice includes elements of yoga, pilates, barre and core work. This dynamic class will build long lean muscle and internal strength. 85-95°F. All Levels.

HOT STUDIO PRICING

Add Unlimited Hot Studio to any GreatLIFE membership

MONTHLY UNLIMITED HOT STUDIO ADD-ON

Single	\$29.99/month
Couples	\$49.99/month
Family	\$69.99/month

DROP-IN CLASSES

GreatLIFE Members	\$5/class
Non-GreatLIFE Members	\$19.99/class (includes day pass to Woodlake)

FIRST FRIDAYS FREE

All Hot classes on the first Friday of each month are FREE to GreatLIFE members.

*Couples & Family rates require GreatLIFE Golf & Fitness couples or family membership.
GreatLIFE Golf & Fitness corporate discounts do not apply toward GreatLIFE Hot Studio memberships.*

GREATLIFE'S MISSION IS TO ENRICH THE LIVES OF FAMILIES AND INDIVIDUALS
THROUGH GOLF, FITNESS & HEALTHY LIFESTYLES.