

May – August 2017
Hot Studio



The Hot Studio is an additional charge to your GreatLIFE Golf & Fitness membership.
All Hot classes take place at GreatLIFE Woodlake.

REGULAR CLASSES WILL NOT BE HELD ON HOLIDAYS.

MONDAY

5:45-6:30 AM Hot Power Express - Kadyn
9:00 AM Hot Vinyasa - Adrienne
12:00-12:45 PM Hot Power Express - Kayla
5:30 PM Hot Yoga Burn - Diana

TUESDAY

5:45-6:30 AM Hot Vinyasa Express – Jill
9:00 AM Hot 60 – Susan/Melissa
10:30-11:00 AM TRX - Jen
12:00-12:45 PM Hot Power Express - Leslie
5:30 PM Hot Power - Melanie

WEDNESDAY

5:45-6:30 AM Yoga Sculpt – Sheri (Starts 5/10)
9:00 AM Hot Vinyasa - Kendra
12:00-12:45 PM Hot Yoga Burn Express -
Leslie
5:30-6:15 PM Hot Power Express - Julie

THURSDAY

5:45-6:30 AM Hot Power Express - Kadyn
9:00 AM Hot Pilates Mat – Katie
12:00-12:30 PM TRX - Jen
5:30 PM Hot Power - Diana

FRIDAY

5:45-6:30 AM Heated CardiYoga - Melissa
9:00 AM Hot Vinyasa - Adrienne
5:30-6:15 PM Hot Power Express - Melanie

SATURDAY

9:00 AM Hot Barre - Ally

Hot Classes are in the MindBodyStudio, next to the Strength Training room.

First Friday of every month specific hot classes are FREE!

Classes are 60 minutes unless noted otherwise. Please come a few minutes early to get situated and stay for the entire duration of class.



To learn more about yoga, classes, how to prepare for hot studio, etc. visit www.WoodlakeAthleticClub.com/hot-yoga.

DROP-IN CLASSES
\$5
per class for GreatLIFE members

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

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May – August 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 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 Yoga Sculpt: A true total body yoga workout which includes weights, cardio, and plyometrics to help sculpt your body to provide a full workout. 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)

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

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