

# September-December 2017 Hot Studio



The Hot Studio is an additional charge to your GreatLIFE membership.  
Hot classes take place at GreatLIFE Woodlake in the MindBody Studio, next to the Strength Training room.

## REGULAR CLASSES WILL NOT BE HELD ON HOLIDAYS.

### MONDAY

5:30 AM Hot Power Express (45 min) - Kady  
9:00 AM Hot Vinyasa - Kaitlin  
12:00 PM Hot Power Express (45 min) - Jennifer  
4:30 PM Hot Yoga Sculpt (45 min) - Kyla  
5:30 PM Hot Yoga Burn - Diana

### TUESDAY

5:30 AM Hot Vinyasa Express (45 min) - ROTATION  
9:00 AM Hot 60 - Melissa  
11:00 AM Hot TRX (30 min) - Tasia  
12:00 PM Hot Power Express (45 min) - Melissa  
4:30 PM All Levels Yoga (45 min) - Jennifer  
5:30 PM Hot Power - Melanie

### WEDNESDAY

5:30 AM Hot Yoga Sculpt (45 min) - Sheri  
9:00 AM Hot Vinyasa - Kendra  
12:00 PM Hot Yoga Burn Express (45 min) - Leslie  
4:30 PM Hot Yoga Sculpt (45 min) - Laura  
5:30 PM Hot Power Express (45 min) - Julie

### THURSDAY

5:30 AM Hot Power Express (45 min) - Kady  
9:00 AM Hot Pilates Mat - Katie  
11:00 AM Hot TRX (30 min) - Tasia  
12:00 PM Hot Barre (45 min) - Carol  
4:30 PM Hot Yoga Sculpt (45 min) - Laura  
5:30 PM Hot Power - Diana

### FRIDAY

5:30 AM Heated CardiYoga (45 min) - Melissa  
9:00 AM Hot Vinyasa - Kaitlin  
12:00 PM Hot Yoga Sculpt (45 min) - Laura  
5:30 PM Hot Power Express (45 min) - Melanie

### SATURDAY

8:00 AM Hot Yoga Sculpt (45 min) - Kyla  
9:00 AM Hot Barre - Carol/Angie  
10:15 AM Hot Vinyasa (45 min) - ROTATION

Follow GreatLIFE Group Fitness on Facebook for class updates and information about the **Hot Hit of the Week**—a **FREE** class for all GreatLIFE members!

Classes are 60 minutes unless noted otherwise.

Please come 5 minutes early to get situated and stay for the entire duration of class.

UNLIMITED  
HOT CLASSES!  
\$29.99 per mo.

To learn more the Hot Studio at GreatLIFE Woodlake, visit  
[www.WoodlakeAthleticClub.com/hot-studio](http://www.WoodlakeAthleticClub.com/hot-studio).

DROP-IN  
CLASSES  
\$5 PLUS TAX  
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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# September-December 2017 Class Descriptions



**All Levels Yoga:** Built for beginners and those that want a simple concise practice. Learn the foundations of a healthy yoga practice and movements connected with breathing to build heat in the body. Leave feeling refreshed and renewed. 85-95°F.

**Heated CardiYoga:** Boost your metabolism, work hard and have fun! This vinyasa-based class will get you up off your mat and increase your heart rate with short cardio bursts, all through a challenging yoga flow focusing on breath and good form. 80-85°F.

**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.

**Hot Barre:** Combines the principles of Pilates, ballet and group fitness. Utilizes the ballet barre to focus on the glutes and thighs. Pilates mat and arm strength are incorporated to tone, sculpt and strengthen from head to toe. 85-95°F

**Hot Pilates Mat:** Total body workout with an emphasis on the core. Includes strength training and light cardio for muscle toning and sculpting. 85-95°F

**Hot Power:** Based on the principles of vinyasa yoga, this higher intensity class will energize and challenge your body and mind. Meet resistance, adversity and challenge, helping you find your "zen" as you flow tenaciously. 85-95°F

**Hot TRX:** Suspension training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. TRX suspension straps help to leverage gravity and your own body weight for an amazing workout. 85-95°F

**Hot Vinyasa:** A dynamic class offering a full spectrum of yoga benefits: endurance, flexibility and strength. Yoga postures (asanas) are connected through breath for a transformative and balancing effect. With no two vinyasa flow classes being the same, you will be given a different and rewarding experience every time you step onto your mat. 85-95°F

**Hot Yoga Burn:** Incorporates elements of yoga, Pilates, barre and core work. This dynamic class will build long lean muscles and internal strength. 85-95°F

**Hot Yoga Sculpt:** A total body yoga workout utilizing weights, cardio, and plyometrics to help sculpt your body. 85-95°F

**\*\*Express indicates a 45 minute class\*\***

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## 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)

### HOT HIT OF THE WEEK

Specific hot classes highlighted each week are FREE to all GreatLIFE members. Watch for more details on [www.facebook.com/groups/GreatLIFEGroupFitness](http://www.facebook.com/groups/GreatLIFEGroupFitness)

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

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