

Jan. 2 – April 30, 2019
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 (45 min) – Kadyn
9:00 AM Hot Vinyasa – Karla
12:00 PM Hot Yoga Burn (45 min) – Katie
5:45 PM Hot Yoga Mix – Diana
7:00 PM Hot Power – Julia

TUESDAY

5:30 AM Hot PiYo (45 min) – Tammy
9:00 AM Hot Hatha – Dandan
12:00 PM Hot Pilates Mat (45 min) – Katie
5:45 PM Hot Yoga Sculpt (45 min) – Laura

WEDNESDAY

5:30 AM Hot Yoga Sculpt (45 min) – Val
12:15 PM Hot Vinyasa Express (30 min) – Jennifer
4:30 PM Hot Yoga Sculpt (45 min) – Leanna
5:45 PM Hot Power – Diana
7:00 PM Hot Buti Yoga – Kyla

THURSDAY

5:30 AM Hot Power (45 min) – Kadyn
9:00 AM Hot Vinyasa – Karla
12:00 PM Hot Pilates Mat (45 min) – Katie
4:30 PM Hot Yoga Sculpt (45 min) – Kyla
5:45 PM Hot Alignment Based Yoga – Kurt

FRIDAY

5:30 AM Hot Yoga Sculpt (45 min) – Val
9:00 AM Hot Vinyasa – Dandan
12:00 PM Hot Yoga Sculpt (45 min) – Karla

SATURDAY

8:00 AM Hot Yoga Sculpt – Kyla
10:30 AM Hot All Levels Yoga – Deb

SUNDAY

7:00 PM Warm Candlelight Yin Yoga – Deb

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 55-60 minutes unless noted otherwise.

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



CLASS PACKAGES

20 classes for \$85 (just \$4.25 per class!)

10 classes for \$45 (just \$4.50 per class!)

**Expires 4 months after date of purchase.

To learn more the Hot Studio at GreatLIFE Woodlake, visit
<https://joingreatlife.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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Class Descriptions



- **Hot 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
- **Hot Alignment-Based Yoga:** Introduction for beginning students or students coming back from a hiatus from yoga. Learn the basic poses, alignment plus stretching and strengthening to achieve balance; ends with mindful breathing and basic meditation. 85-95°F
- **Hot Buti Yoga:** Dynamic asana practice fused with primal movement, tribal dance and deep core engagement. This cardio-intensive yoga workout is designed to transform the body and soul through the trademark method of Spiral Structure Technique (SST). SST is designed to target both the inner stabilizing and outer muscles. 85-95°F
- **Hot Hatha:** A gentle yoga practice that promotes a sound, healthy body and a clear, peaceful mind. Yoga postures (asanas), breathing techniques and meditation come together to improve circulation, alignment, balance and flexibility. 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 PiYo:** Combines the sculpting benefits of Pilates with the strength and flexibility of a yoga class. We crank up the speed to deliver a fat-burning low impact workout to leave you looking and feeling great. 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 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 Mix:** Based on a vinyasa yoga flow, this class utilizes weights, core engagement and stretching, ending with a wonderful savasana relaxation! 85-95°F
- **Hot Yoga Sculpt:** A total body yoga workout utilizing weights, cardio, and plyometrics to help sculpt your body. 85-95°F
- **Warm Candlelight Yin Yoga:** Deep stretching and complete relaxation. Yin is suitable for everyone. It lengthens ligaments, softens joints and relaxes the back, restoring your body for further yoga practice or the day-to-day movement of life. 70-75°F

*****You must be at least 14 years old for all Hot Studio classes.*****

HOT STUDIO PRICING

MONTHLY UNLIMITED HOT STUDIO ADD-ON

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

HOT STUDIO CLASS PACKAGES

20 classes for \$85.00 (expires 4 months after date of purchase)

10 classes for \$45.00 (expires 4 months after date of purchase)

**Class packages expire 4 months after the date of purchase and can be shared by GreatLIFE members on a couple/family membership together.

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

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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