

Sept 1 – December 31, 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) – Kyla
9:00 AM Hot Vinyasa – Karla
5:45 PM Hot Yoga Mix – Diana

TUESDAY

5:30 AM Hot Power (45 min) – Briana
9:00 AM Hot Hatha – Deb
12:00 PM Hot Pilates Mat (45 min) – Katie/Jill
4:30 PM Hot 60 – Kyla
5:45 PM Hot Vinyasa – Jennifer

WEDNESDAY

5:30 AM Hot Yoga Sculpt (45 min) – Val
12:15 PM Hot Slam (30 min) – Haley
5:45 PM Hot Power – Diana
7:00 PM Hot Pilates Mat (45 min) – Tammy

THURSDAY

5:30 AM Hot Power (45 min) – Kadyn
9:00 AM Hot Vinyasa – Karla
12:00 PM Hot Pilates Mat (45 min) – Katie/Jill
5:45 PM Hot Power – Karla

FRIDAY

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

SATURDAY

8:00 AM Hot Yoga Sculpt – Kyla
9:30 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 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 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 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 Slam:** An intense total body workout, designed to build strength utilizing weights, slam balls and plyometrics! 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 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 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

10 classes for \$45.00

**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 (+tax)
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.