

# Hot Studio Class Schedule

January 2nd-April 30th, 2022



## Reserve your spot for class in the GreatLIFE app!

Class size is limited to allow for social distancing. Register in advance with the GreatLIFE app.

Contact [groupfitness@joingreatlife.com](mailto:groupfitness@joingreatlife.com) for your app login information.

Registration opens 3 days before class (4 days with Unlimited Hot Studio Add-On)

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

**Reservations will be held until 5 minutes before class. At that time, unclaimed reservations will be open to waiting members (if any).**



GET THE APP

Hot classes take place at GreatLIFE Woodlake in the Hot Studio, next to the Strength Training room.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b> (45 min) Hot Power - Alyssa		<b>5:30 AM</b> (45 min) Hot Yoga Sculpt- Scott	<b>5:30 AM</b> (45 min) Hot Yoga Sculpt- Kevin	<b>5:30 AM</b> (45 min) Hot Yoga Sculpt - Scott	<b>8:00 AM</b> Hot Yoga Sculpt - Kyla	
<b>9:00 AM</b> Gentle Yoga - Ashley		<b>9:00 AM</b> Vinyasa - Karla	<b>9:00 AM</b> Hot Yoga Mix - Angela	<b>9:00 AM</b> Vinyasa - Deb	<b>9:30 AM</b> All Levels Yoga - Deb	
	<b>4:30 PM</b> (60 min) Hot 60 - Kyla	<b>12:15 PM</b> (45 min) Hot Pilates - Jill		<b>12:15 PM</b> (45 min) Hot Yoga Sculpt - Karla		
<b>5:45 PM</b> Restorative Yoga - Alyssa			<b>5:45 PM</b> Yin Yoga - Alyssa			<b>7:00 PM</b> Yin Yoga - Deb

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

All classes are 50-55 minutes unless otherwise noted. Regular classes will not be held on holidays. Class instructors/types are subject to change without prior notice.

## 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 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 Pilates:** Total body workout with an emphasis on the core. Includes strength training and light cardio for muscle sculpting.

**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

**Restorative Yoga:** Encourages physical, mental, and emotional relaxation. Practiced at a slow pace, focusing on long holds, stillness, and deep breathing 70-75°F

**Gentle Yoga:** A slower flow than a traditional Vinyasa and a relaxed class holding low impact poses 85-95°F

**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

## HOT STUDIO PRICING

### MONTHLY UNLIMITED HOT STUDIO ADD-ON

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

Couple & Family rates require GreatLIFE couple or family membership.

GreatLIFE Golf & Fitness corporate discounts do not apply toward GreatLIFE Hot Studio memberships.

### HOT STUDIO CLASS PACKAGES

20 classes for \$85

10 classes for \$45

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+tax /class
Non-GreatLIFE Members	\$20 +tax /class (includes day pass to Woodlake)

Follow GreatLIFE Group Fitness on Facebook for class updates & information and livestream classes!