

# Hot Studio Class Schedule

September 1-December 31, 2023



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

Registration opens 72 hours before class (96 hours 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> Power Vinyasa - Jordan	<b>5:30 AM</b> (45 min) Hot Yoga Sculpt - Sarah	<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 - Sarah	
		<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>12:15 PM</b> (45 min) Hot Yoga Sculpt - Karla		<b>12:15 PM</b> Hot Strength - Ashlynn			<b>12:15 PM</b> Hot Yoga Sculpt - Ashlynn
				<b>4:15 PM</b> Undo the Desk - Deb		
<b>6:00 PM</b> Restorative Yoga - Deb		<b>5:45 PM</b> Hot HIIT - Ashlynn	<b>5:45 PM</b> Yin Yoga - Deb			<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

**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

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

**Hot HIIT (High Intensity Interval Training):** Burn calories, lose weight, build lean muscle, and improve cardio health in a short amount of time. Guaranteed to keep your heart pumping! 95-100°F

**Hot Strength:** A total body workout mixing yoga sculpt, cardio, and strength training. 90-100°F

**Hot Yoga Mix:** Based on a vinyasa yoga flow, this class utilizes weights, core engagement and stretching, ending with a wonderful savasana relaxation! 95-100°F

**Hot Yoga Sculpt:** A total body yoga workout utilizing weights, cardio, and plyometrics to help sculpt your body. 95-100°F

**Power Vinyasa:** 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. 95-100°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

**Undo the desk:** Combining deep, static and dynamic stretches with pranayama, this 45 minute class targets the neck, shoulders, low back and hips to release the tight muscles, fascia, and stuck energy that result from sitting and hunching over our screens. The class opens with breath-work and grounded postures, moves to a single standing series, and closes with seated postures. No savasana.

**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. 95-100°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!