

HOT YOGA 26

*90 Minutes
Studio C*

Class size limited:
30 participants



What is Hot Yoga?

This 90 minute class consists of 26 holding postures performed in a heated room (about 95-100 degrees). By performing this particular sequence in the heat you will be strengthening your whole body and increasing your balance and flexibility while eliminating toxins and burning fat! The postures will be taught in variations for all levels so anyone can do them. You do not need to come with balance and flexibility, you will acquire it over time. Bring a mat, a large towel, a washcloth and plenty of water. Be prepared to sweat!

Fridays 6:00 pm *with Melissa*

Starts January 27

**6 classes for \$30-members
6 classes \$60-non-members or
Single Class \$8-members or \$15-non-members
Sign-Up at the Front Desk**