

Hot Yoga Class Descriptions

Hot 26- This class will use the traditional 26 hot yoga poses taught sequentially. Build strength, flexibility, balance and focus in this challenging class. Come get your sweat on! Previous yoga experience is highly recommended. Temperatures are set at 105 degrees.

Hot Vinyasa Fusion- This class combines the best of both worlds. Some hot 26 postures will be taught as well as some fluid vinyasa sequences. This class will help you build strength, flexibility and balance. Temperatures are set at 95 degrees.

Hot Vinyasa- Do you love vinyasa in a temperate room? You will love vinyasa in our new heated space! Creative and fluid sequences will lead your body to a stronger, more flexible and grounded place. Temperatures are set at 95 degrees.

Hot Yoga Sculpt- This intense but easy to follow athletic practice will utilize small hand weights within the postures to help you get stronger. Prepare to enjoy this fluid challenging class. Temperatures are set at 95 degrees.

Beginner Hot Vinyasa- In this slower, more alignment based practice; students will get used to the heat and humidity and experience a fluid deep practice. Temperatures are set at 85 degrees.

Hot Ballet Sculpt- This is a fusion class combining weight training, ballet, Pilates and orthopedic stretching. This class is what you love in our Ballet Sculpt but in a 95 degree heated room.

Hot Yoga/Cycle-This class will give you 30 minutes of high intensity in the cycle room and then you will move to the Hot Yoga studio for a 30 minutes of Hot Vinyasa flow.

Hot Hatha- This all-levels class utilizing a set sequence of poses designed to strengthen, lengthen, and improve balance. This detoxifying mixture of poses will be both challenging and relaxing as it heals and transforms. Created as a moving meditation, you will see an increase in energy, improved spinal posture and personal connection. Temperatures are set at 105 degrees.