

HOT YOGA

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Hot Vinyasa Nancy	6:10-7:10am Cycle/Hot Vinyasa Stacey Y	6:00-7:00am Hot Vinyasa Marina	6:00-7:00am Hot Hatha Lisa	5:45-6:45am Hot Yoga Sculpt Ben	7:45-8:45am Hot Yoga Sculpt Tracey	
9:15-10:15am Hot Yoga Sculpt Stacey Y	7:15-8:15am Hot Vinyasa Karen	9:15-10:15am Hot Yoga Sculpt Heather	*New Class* 8:55-9:55 am Cycle Hot Vinyasa Karen	7:15-8:15am Hot Vinyasa Karen	9:00-10:00am Hot 26 Breanne	9:00-10:00am Hot Yoga Sculpt Stacey Y
10:45-11:45am Hot Ballet Sculpt Rebecca K	9:30-10:30am Hot Yoga Sculpt Ben	10:30-11:30am Hot Ballet Sculpt Terri P	10:00-11:00am Hot Vinyasa Fusion Denise	9:00-10:00am Hot Vinyasa Marina		10:15-11:15am Hot Vinyasa Karen
12:00-1:00pm Hot Vinyasa Anne	10:45-11:45am Hot Vinyasa Karen	12:00-1:00pm Hot 26 Melisa W	12:00-1:00pm Hot Vinyasa Stacey Y	10:15-11:15am Hot Yoga Sculpt Heather	11:00-12:00pm Hot Vinyasa Fusion Denise	
6:00-7:00pm Hot Vinyasa Nickki H	12:00-1:00pm Hot hatha Lisa	*New Class* 5-5:45pm Hot Stretch Therapy Ruthie	5:30-6:30pm Cycle/HotVinyasa Ben	12:00-1:00pm Hot 26 Marina		
	6:00-7:00pm Cycle/Hot Vinyasa Ben	6:00-7:00pm Hot Vinyasa Nickki H				
	7:15-8:15pm Yoga Sculpt Reagan	7:15-8:15pm Beginner Hot Vinyasa Rebecca	6:45-7:45pm Hot 26 Marina			4:00-5:30pm Hot 26 Kelli

• Sign upon line through your Member Portal or at the front desk 30 minutes prior to class start time

- Arrive early- Strive to be on your mat before class time, if you are a couple minutes late, please enter quietly and mindfully.
- Teacher interaction-Inform the instructor of any injuries or concerns, before class. If you have to leave early, do so quietly.
 - Remove your shoes- Cleanliness is imperative.
 - Consider hygiene-Sweat is good- but please use extra towels to keep it on your own mat.
- What to bring and Wear- Bring water, Yoga Mat (we recommend bringing your own mat), towel and wear breathable fitted clothing.
 - Enjoy the Experience- It is important to display an open heart and mind when you enter the studio.
- If you are pregnant, have high blood pressure, heart disease or are diabetic you should not practice hot yoga without consulting your healthcare provider.

