

BENEFITS OF HEATED WORKOUTS:

Many love the heated room because they burn more calories, detox, stretch more deeply and get a harder workout; while these are all great results, they are secondary. The primary benefit of the heat is that it helps to thin the blood, which allows for increased circulation. Increased circulation improves flexibility, flexibility, detoxification, cardiovascular health, and stress reduction, making it a popular choice for those looking to improve both their physical and mental wellbeing.

CLASS DESCRIPTIONS:

HOT VINYASA: a 60 min powerful, energetic form of yoga where one moves fluidly from one pose to the next while connecting breath to movement. Taught in a heated room to music, Hot Vinyasa builds endurance, improves flexibility, and circulation creating a feeling of ultimate relaxation.

BIKRAM BEATS: a 60 min Bikram-inspired class taught in a 100-105 degree room to replicate the temperature in India, the class consists of the same 26 poses and 2 breathing exercises. Most poses are performed twice and held between 10-60 seconds depending on the pose. The class improves discipline, mindfulness, balance, flexibility and strength.

WARM YIN: a 60 min calm, relaxing music-based class that works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians. You will leave with a feeling of peace and openness in mind and body.

Hot PILATES: a 45 min heated class that adds unique variations to the traditional Pilates Mat class to strengthen your core, upper body, buns & thighs. This challenging class will be set to music and incorporate mini balls, stretch bands, light hand weights and optional ankle weights.

HOT LIFT: a 45 min heated total body Low Impact Fitness Training workout that tones and builds muscle in a structured format using a weighted ring and body beam. This slow burn, music-based class targets the entire body that will leave you feeling strong and empowered.

HOT BOX/BALLS/BANDS: a 45 min heated total body workout that tones and builds muscle in a structured format using balls and bands. The Boxing cardio intervals boost your cardiovascular fitness and add a fun challenge.

Reminders:

- Please register in advance to secure you spot.
- Please arrive to class on time.
- Bring your own water bottle, mat and towel or you can rent/buy one.
- All classes are barefoot.
- We recommend proper hydration before and after class.
- Showers are available.



**Grand Opening Special: \$100/FIRST Month Unlimited Classes at HOT VAULT
(includes any yoga classes at Vault Fitness)**

info@vault.fit

www.vault.fit

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am	HOT LIFT Lisa G	HOT BARRE	HOT LIFT Cassie	HOT BARRE	HOT PILATES Cassie		
7am	BIKRAM BEATS Camile	HOT VINYASA Mariela	HOT PILATES Cassie	HOT VINYASA Mariela	HOT LIFT Cassie		
815am	8:30 am HOT VINYASA Tressie	HOT PILATES Marina	HOT LIFT Liz	HOT PILATES Brittany	HOT LIFT Lauren	8am HOT VINYASA Tondie	HOT BARRE Lauren
930am	945am HOT BOX/BALLS/Bands Alissa	HOT LIFT Alissa	HOT VINYASA Tressie	9:15am HOT VINYASA Lisa	HOT VINYASA Tondie	9:15 HOT PILATES Brittany	CORE FLOW Lisa
1045am	HOT FUSION Brittany		HOT FUSION Brittany		HOT FUSION Brittany	10:15-11am HOT LIFT Lauren	HOT LIFT Alissa
		11:35am HOT PILATES Brittany		1145-1230pm HOT LIFT Alissa		1130am HOT VINYASA Jessica	
1230pm	HOT VINYASA Stef	HOT VINYASA Stefanie	HOT VINYASA Stefanie	12:45pm BIKRAM BEATS Camile	HOT VINYASA Stefanie		
430pm	HOT VINYASA Jessica	HOT VINYASA Jessica	HOT PILATES Heather	HOT BARRE Stefanie	4pm HOT VINYASA Erin		
545pm	HOT LIFT Liz	HOT LIFT Cassie	530pm HOT VINYASA Mariela	530pm HOT VINYASA Jessica	5pm HOT BARRE		
7pm		HOT PILATES Cassie				4-5pm HOT VINYASA Blayne	415-530pm HOT VINYASA Jessica