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.

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 BARRE: a 45 min heated "Barre-less" Barre class which sculpts a tones your body like a ballerina. With light weights, bands, and balls, this total body ballet inspired workout will move you to the rhythm and leave you invigorated.

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.

HOT FUSION: a 45 min heated fusion class that combines elements of PILATES, LIFT, BOX and BARRE!

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.

HOT VAULT

Intro 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 PILATES EMILY	HOT FUSION Lindsey	HOT LIFT Cassie	HOT FUSION Lisa	HOT PILATES Cassie		
7am	HOT FUSION LISA	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	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	1030-1125am HOT VINYASA Lisa	HOT FUSION Brittany	YOGA SCULPT Tondie	HOT FUSION Brittany	10:15-11am HOT FUSION Lauren	HOT LIFT Alissa
		11:35am HOT PILATES Brittany		1145-1230pm HOT LIFT Lauren	1145-1240pm HOT VINYASA Allison	1130am HOT VINYASA Jessica	12-1245pm YOGA SCULPT Allison
1230pm	HOT VINYASA Stefanie	HOT VINYASA Stefanie	HOT VINYASA Stefanie	12:45pm Hot Vinyasa Stefanie	1245-145pm Warm Yin Allison		
430pm	HOT VINYASA Jessica	HOT VINYASA Jessica	HOT PILATES EMILY	HOT PILATES Emily	4pm HOT VINYASA Erin	4-445pm HOT PILATES Emily	4-5pm HOT VINYASA Jessica
545pm	HOT LIFT Liz	HOT LIFT Cassie	530pm HOT VINYASA Mariela	530pm HOT VINYASA Jessica	5:15pm HOT FUSION Lindsey		515PM HOT PILATES
7pm	YOGA SCULPT Trish	HOT PILATES Cassie	YOGA SCULPT Allison				