



## HOT YOGA CLASS:

This invigorating class combines vinyasa flow sequences with statically held poses while focusing on breath. The warm environment allows for a deeper physical response to the postures and helps to flush toxins, tone the energy body and clear the mind. This class is recommended for people who enjoy heat and a stronger approach to their yoga practice.



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## THE TRX® SUSPENSION TRAINER:

The TRX® Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance.

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BY UTILIZING YOUR OWN BODYWEIGHT, THE TRX® SUSPENSION TRAINER PROVIDES GREATER PERFORMANCE AND FUNCTIONALITY THAN TRADITIONAL WEIGHT TRAINING.

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