



HOT YOGA

Bradley Wellness Center

Take your practice to the next level with Karyn Rizer, Cindy Little, and Pat Chenard.

This 75-minute class is designed to step up your yoga experience. In this class traditional hot yoga poses are combined with an energizing flow to give you a challenging and invigorating workout. Focusing on accurate alignment, core strength, concentration, mindfulness, and breath control this class will help you move beyond the limitations of the body and mind. The room is heated to 85-90 degrees.

Hot Yoga Membership Fee

Unlimited access to all Hot Yoga classes offered at BWC. Towel service included.

BWC Members: \$50 per month in addition to regular membership dues

Non-members: \$90 per month

Hot Yoga memberships may be purchased at any given time during the month.

Cancellations will follow the same schedule as regular memberships.

Pick up a current schedule at the Service Desk for information on class days/times.

Schedule and instructor are subject to change without notice.



Try it before you buy it!

Let a member of our staff know if you would like to try a FREE class to see if Hot Yoga is for you!



Bradley

WELLNESS CENTER

www.bradleywell.com/hotyoga

(706) 278-9355