



2018 WINTER SCHEDULE



TIME	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
6:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR		
7:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ROLL	
8:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ISO	
9:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT YOGA	HOT BUNS
10:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT BUNS	HOT CORE
11:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT CORE	HOT WARRIOR
12:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT WARRIOR	HOT ISO
1:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT PILATES	HOT PILATES
3:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ISO	HOT ROLL
4:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT YOGA	HOT YOGA
5:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT BUNS	
6:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ZEN	
8:15PM	HOT ZEN	HOT ROLL	HOT ZEN	HOT ROLL	HOT ZEN		

HOTWORX is offered exclusively at the Northwest Family YMCA for YMCA of Greater Syracuse Members.
 *Prices and more information listed on our Wellness Program Information form.



Register for your Package at Member Services



CLASS DESCRIPTIONS

HOT BUNS	This isometric workout is focused on the glutes! There will also be a lot of core work and detox sweating involved as customers move through the postures. This workout is very intense. It will get your butt in shape for sure.
HOT CORE	The first half of the workout consists of focused abdominal, hip and lower back work, for the CORE. The second half provides for a self-administered deep tissue massage guided by the virtual instructor. With this HOTWORX foam roll session, there is no better way to accelerate workout recovery & reduce cellulite.
HOT ISO	This is the original 14 posture Isometric/Infrared fusion workout from HOTWORX. This workout consists of three phases, the Launch Phase, the Flight Phase and the Landing Phase. Hot ISO is an incredible addition to polish off a good weight training routine or any training program. It can be used by athletes for workout recovery and to promote balance, flexibility and metabolism. The average fitness enthusiast will find Hot ISO amazing for toning up and burning calories. The cool thing about Hot ISO for any level of training is the cardio workout that you will experience without even knowing it. In no time your heart rate is up to 85% of max. Because of the flow of the zero impact postures, there is no boredom.
HOT PILATES	This workout is the HOTWORX version of hot pilates. It provides an intense core workout, while focusing on the principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow.
HOT ROLL	Hot Roll was created to give customers the experience of a full body 30 minute deep tissue massage using a foam roller led by the virtual instructor. This is the first video of it's kind for self-myofascial release. It is structured to allow for a total body massage and lets you find and release your trigger points getting rid of knots and muscle tension. This session is one of the best ways to accelerate workout recovery. When you add 120-125 degrees of infrared heat to the session the recovery process is enhanced even more.
HOT WARRIOR	An accelerated version of Hot Iso designed for athletes. There is less time to rest between postures and an added emphasis placed on form and technique. Hot Warrior is perfect for athletes to use as a supplement to their current training program and is designed to benefit any sport. Also excellent for athletic training
HOT YOGA	This is the HOTWORX® version of HOT YOGA. It is only 30 minutes, and you will receive all of the same benefits and more. This is YOGA bliss at 125 degrees of infrared heat. You will burn massive calories and detox while getting a great cardio workout on top of the benefits received doing traditional Yoga; stretch, flow and bring your mind back to a more balanced place.
HOT ZEN	This video provides very relaxing scenes from nature such as waves at sunset on a beautiful beach. There is a very alluring and calming music bed with the nature scenes. Customers are encouraged to experience this session as they see fit for relaxation and meditation.

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