

HOT ISO

This is the original HOTWORX workout. It is performed for 30 minutes inside of the HOTWORX infrared sauna at 125 degrees. There is a modified yoga sun salutation warm-up called the "Launch Phase." Following the Launch Phase clients enter the main workout "Flight Phase," which consists of 14 isometric postures beginning with lower body then upper body and finishing with core. The "Landing Phase" is the cool down period ending with a seated, legs crossed, meditative posture.

HOT YOGA

The HOTWORX version of hot yoga is simply outstanding! It is pure yoga at 125 degrees for 30 minutes providing clients the most accelerated results and the very best for a hot yoga workout.

HOT BUNS

This workout is designed to get your butt in shape, period. The warm-up and cool down is similar to the Hot Iso. The Flight Phase for Hot Buns, however, maintains focus on the glutes and provides an intense flow of isometric postures for the back side!

HOT BANDS

This 30-minute, total-body workout offers a new hybrid version of resistance training and isometrics.

HOT PILATES

The HOTWORX version of hot pilates provides an intense core workout while focused on the principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow.

HOT WARRIOR

This workout is an accelerated version of Hot Iso designed for athletes. There is less time to rest between postures and there is added emphasis placed on form and technique. This Warrior version is perfect for athletes to use as a supplement to their current training program and is designed to benefit any sport. Note that this workout is also excellent for athletic training recovery.

HOT CORE

This is the first ever 30 minute session designed for core training and self myofascial release with a foam roller. The first half of the workout consists of focused abdominal, hip and lower back work, for the CORE. Core strength is vital. Everything begins and ends with 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 and to reduce the appearance of cellulite.

HOT BARRE NONE

Discover muscles that you do not know you have with the HOTWORX barre session. Using the barre as a workout tool our Virtual Instructor will guide you through a half-hour of intense postures and slow dynamic reps to help improve poise, posture, strength, and balance. Develop long lean muscles with Hot Barre None while you detox from the infrared heat and energy environment.