



Friday, October 26th Schedule

6:00am- (60 min)

Hot Power Yoga with Paula Gomez

9:15am- (60 min)

Hot Power Yoga with Kristi Baraniecki

10:45am- (60 min)

Hot Tone and Sculpt Yoga with Kerri Goldman

12:15pm- (60 min)

Hot Power Yoga with Chad Chalileh

4:30pm- (60 min)

Hot Power Yoga with Brandy Boffa

6:00pm- (75 min)

Hot Power Yoga with Therese Hept

Class descriptions-

- Hot Power Yoga -Hot Flow/Hot Power/Hot Vinyasa- Call it what you want, it's one of our favorite classes! Power yoga offers an excellent way to tone & strengthen muscles, increase heart rate, and burn calories...and then some! The hot room, 95° will make you sweat giving your body an awesome detoxification. Challenge yourself, feel great, and prepare to power through the rest of your day... or evening. This all levels class has plenty of instruction for beginners, and some optional, more advanced poses such as arm balances and inversions to challenge more experienced yogis.
- Hot Tone and Sculpt Yoga- Strengthen, Lengthen AND Tone at Real Hot Yoga. We're bringing Yoga Fitness to a whole new level of muscle engagement in our Hot Tone and Sculpt yoga classes. Get your heart rate up in this FUN class, incorporating high intensity cardio interval training circuits utilizing both resistance bands and free weights. Increase your overall strength and engage muscles you didn't even know you had! With an emphasis on building your power center- your CORE, you'll stand taller & be able to safely support yourself better throughout your yoga practice. This high-energy class will sculpt and tone you, while stretching you back out with hot power yoga sequences sprinkled throughout the class. Room is 85 degrees

Real Hot Yoga 33 Godwin Avenue Ridgewood, NJ 07450 201-444-4374 www.realhotyoga.net