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## HOT YOGA & FITNESS FOR EVERYONE

Whether you're a long-time practitioner or totally new to hot yoga & fitness, you'll find just the right class for you at The Foundry. Scroll through our list of classes to see which one calls out to you. Chances are good, it may even be more than one. Not sure which class is the best fit for you? Stop by the studio or give us a call for expert advice.



### 26&2 HOT YOGA

Heal your body from the inside out with 90 minutes of Bikram Yoga. 26 postures and two breathing exercises (often called 26&2 Yoga). This class will help you build strength, flexibility and endurance.



### 26&2 HOT YOGA WITH MUSIC

Get moving with 75 minutes of teacher-led yoga set to an eclectic mix of music. This class features the Bikram Yoga series with optional second set of intermediate and advanced postures. All levels welcome.



### EXPRESS HOT YOGA

Build stamina and work up a good sweat with this 60-minute class teacher-led class with music. Based on the Bikram Series, it is perfect for students with moderate yoga experience who are looking to improve cardiovascular conditioning.



### BASIC HOT YOGA

Reduce stress and decompress with this 60-minute hot yoga class. Based on the Bikram Series, this class is a bit slower pace, fewer standing postures, extra hip opening postures, and a little less heat.



### HOT FLOW



This 60-minute flow class is a great combination of vinyasa yoga influence and strength-building elements. Learn intermediate poses, arm balances, intro to headstands, and more. Set to music and open to everyone!



### HOT PILATES

Improve core strength and flexibility with our 45-minute Hot Pilates class through traditional mat Pilates movements. All levels welcome, and variations are given to optimize individual conditioning.



### HOT HIIT

Time to pump it up with 45 minutes of High Intensity Interval Training (HIIT). The music will be bumping for this tabata-style workout party as you improve your strength and cardio. Hand weights are provided.



### HOT BARRE

Move to the music as you lengthen, strengthen and tone in this Hot Barre class. Yoga, Pilates, and Ballet movements are combined to improve balance and alignment, and stimulate your core. Class is 45 minutes and hand weights are provided.



### MEDITATION

Unwind, connect, and center yourself in our 30-minute, non-heated, guided meditations. Combining breath work, visualizations, and Yoga Nidra, set to soothing music. Bring your yoga mat and meditation cushion/pillow, and relax with us.

### YIN YOGA

This practice is very gentle, non-heated and focuses on deep stretching with long holds. 60 minutes, candle-lit, with soft music on. This is a great compliment to our hot classes. As long as you are interested, you are ready!

## THE BENEFITS

The Foundry provides a holistic experience that delivers total health through the balancing of every system in the body. Through our heated classes you will train both the mind (concentration, patience, determination, and self control) as well as the physical body (strength, flexibility, and balance).

With regular practice, discipline and honest effort you can experience the following benefits:

## PHYSICAL

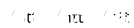


- Greater flexibility
- Increased strength and muscle tone
- Anti-aging
- Better balance
- Deeper breathing
- Improved posture
- Strengthened immune system
- Normalized hormone levels
- Improved circulation
- Weight loss
- Deeper connection to your own body

## MENTAL



- Mental clarity
- Increased vitality
- Improved relaxation
- Sense of peace
- Lower stress levels
- Positive outlook on life
- Connection to like-minded community of people



Follow us on social media for fun videos, tips & tricks, and more!

[CONTACT \(/CONTACT\)](#)

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