

HOTWORX® SESSIONS OFFERED

ISOMETRIC WORKOUTS

30 MINUTES

There are 9 different 30-minute isometric workouts inside patented infrared saunas that offer a high level of intensity but are zero impact. Each workout begins with a warm-up, called the "Launch Phase," that loosens up your muscles and energizes your body for the workout. Following the Launch Phase, members enter the main workout "Flight Phase," which consists of holding various isometric postures beginning with lower body, then upper body and finishing with core. The workout ends on the "Landing Phase," or the cool down, using foam rolling, a series of stretches, and a seated meditation.

HOT ISO

Hot Iso is great for all levels! This is the original HOTWORX workout that delivers a sequence of foundational isometric postures borrowing from athletic resistance training, yoga, and pilates. It helps center you while developing a strong foundation and gives you a full body workout while you strengthen and tone your muscles!

HOT YOGA

HOTWORX Hot Yoga is the only yoga workout where you get the benefits of infrared energy! Our style is an athletic posture sequence incorporating various styles and practices. Using foundational postures, this workout guides you through a balancing sequence using static holds and ends with core conditioning. Get the zen and mental recharge while detoxing in a short amount of time.

HOT PILATES

Hot Pilates is core and yoga style postures all rolled into one for a challenging workout! It fires up your core while focusing on the principles of Pilates: Centering, Concentration, Control, Precision, Breath and Flow. Stay consistent with this workout to improve your alignment, coordination, and balance!

HOT BARRE NONE

Improve your poise, posture, strength and balance in our Hot Barre None workout. You'll be using the sauna wall as a workout tool instead of a barre, hence Barre None! This workout guides you through postures derived from ballet and slow dynamic reps to help you develop long, lean, and sexy muscles. You'll notice a butt lift and great legs with the consistency of this workout.

HOT WARRIOR

Need more intensity? Hot Warrior is our most advanced isometric workout and incorporates more challenging power isometric holds to help you discover your inner warrior! This workout tests your balance and core strength to the ultimate level.

HOT BUNS

Who wants a nice booty?! Hot Buns is designed to target your glutes. This intense isometric glute workout uses two types of resistance bands, a small loop for use around the knees and legs and a large loop for squat postures.

HOT CORE

Get ready for a rock hard ab workout! Hot Core consists of focused abdominal, hip, and lower back work and ends with infrared self-myofascial release and deep tissue massage with the use of a foam roller. Feel the intensity!

HOT BANDS

Burn the most calories than any other HOTWORX isometric workout with Hot Bands! This workout uses resistance bands for a total-body workout that tones your shoulders and arms. It uses the combination of isometrics and slow dynamic reps with the band as resistance. In addition to the weight training type of muscle gains, users can expect to burn 25-30% more calories compared to Hot Yoga!

HOT STRETCH

Hot Stretch is a one-of-a-kind stretching workout based on a pro-athlete version of stretching and adapted for general fitness. It will increase flexibility and pliability for muscle and joint longevity, while giving you incredible results and leaving you feeling completely rejuvenated! We recommend that members add Hot Stretch to their fitness protocol for at least one workout per week.

HIGH INTENSITY INTERVAL TRAINING (HIIT) WORKOUTS

15 MINUTES

These workouts take you through a 15-minute high intensity interval training (HIIT) workout using a cardio machine inside the HOTWORX infrared saunas. The Virtual Instructor guides you through low, medium, and heavy tension intervals for a total-body resistance training workout.

HOT CYCLE

Get ready for a high intensity bike ride! Hot Cycle is a high energy cardio workout performed on a Schwinn indoor bike inside the infrared sauna. This workout takes you up and down hills for a complete cardio workout and lower body thrashing.

HOT THUNDER

Hot Thunder is performed on a cross row machine to give you full body cardio workout! It gives you rapid repetitions of chest, press, row, and leg press all at once. Don't forget the challenging core work of Hot Thunder to flatten the tummy and tone up!

HOT BLAST

Hot Blast is designed to "blast" your upper body and lower body! It's performed on the Keiser Total Body Trainer that gives you a full body workout. This machine is a combination of indoor cycle and upper body push and pull with levers. Burn massive calories with these high intensity cardio intervals.

