



www.hotyogawellness.com

## HOT YOGA WELLNESS WOODBRIDGE

28 Roytec Rd, Woodbridge, L4L 8E4

*Spirit is the Life  
Mind is the Builder  
Physical is the result*

## January News and Events

### Happy New Year!!!

With all the hustle and bustle of the holidays it becomes hard to stay on track....It's that time again, January is a month to make our New Year's resolution. This year let's make a commitment and really change our lifestyle, dedicate some more time to our health. So take that step forward and ground your feet in the matt, come and receive the benefits of our classes. Take advantage of our specials, or dive right in and take the challenge it's a great way to kick start the year.

### ***20 Day or 30 Day challenge start January 18<sup>th</sup> ... sign up now !***

**New Year's resolution** Choose your "20 day or 30 day challenge"

There is no extra charge on top of your pre-paid passes, just use your membership plan or put your current pass on hold and take advantage of the challenge Specials:

20 Day Challenge: **\$80 Only** (HST included)

30 Day challenge: **\$120 Only** (HST included)

The benefits are endless, and we guarantee you will feel an overall sense of well-being and accomplishment at the end of it!

### Full Schedule back on January

We have over 30 classes every week....All classes are available for Drop-In. There are 10 Economy classes for only \$10 a class & a Community class on Friday night for only \$7...

More details please check [www.hotyogawellnesswoodbridge.com](http://www.hotyogawellnesswoodbridge.com)

***\*\*\*This year we are trying to make an effort to protect our environment and save trees by using less paper. Take a picture of the schedule on your phone that way it is always on you and you won't miss a class!!!***

## Package Sales :

- **\$ 40 FOR 30 DAYS OF UNLIMITED CLASSES (FIRST TIMERS ONLY)\***
- **\$330 FOR 25 PASSES (NO EXPIRY DAY)**
- **\$330 FOR 3 MONTH UNLIMITED PACKAGE (SAVE \$60)**
- **\$600 FOR 6 MONTH UNLIMITED PACKAGE (SAVE \$100)**
- **\$960 FOR ONE YEAR UNLIMITED PACKAGE(SAVE \$240)**

\* Subject to HST

## Kid's Yoga January Schedule : January 15<sup>th</sup> & 29<sup>th</sup>

- For Kids aged 4 -12 - getting to know yoga.
- Enjoy 50 minutes of fun and yoga exercise (non-heated class)
- \$10 to register, \$5 for each additional child in the same family.
- **Pre-Register Only!**
- Please call 905-266-0894 to register.
- Private or Group Class available upon request

## Free Yoga:

Free Classes in Exchange for your help!

Join our Energy Exchange Program, ask for details at reception!

Thank you for supporting your Hot Yoga Wellness Studio.

*NAMASTE !*

## *The Hot Yoga Wellness Team*

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