

HAVE YOU TRIED VILLAGE **HOT** YOGA?

If you are interested but have hesitated, please join us and try one of our special Intro to VillageHot Yoga classes offered this month — this class will give you the opportunity to ease into the regular classes by providing you additional sequence instruction, more time for rest and just a bit less heat. These classes are open to EVERYONE — even “seasoned” Hot Yogis!

We invite you to bring a guest.

When: Sunday, February 5 • 10am
Wednesday, February 8 • 4pm
Saturday, February 11 • 12:30pm
Monday, February 13 • 4pm
Tuesday, February 21 • 8am
Sunday, February 26 • 1pm

Where: Village Hot Yoga Studio
Gainey Village Spa – Second Floor

Cost: FREE
Please contact Patricia Vamos, Group Fitness & Yoga Director,
if you would like to bring a guest.

Sign-up: Space is limited.
Please sign up with the front desk.

Contact Patricia Vamos, 480.609.6979 or pvamos@dmbclubs.com,
for more information.