

MEDIA CONTACT

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SCOTTSDALE, AZ OCTOBER 17, 2011 – Gainey Village Health Club & Spa is heating up their already extensive yoga program to now include hot yoga. Gainey’s new hot yoga studio, which will be open for classes on October 1, will offer a state-of-the-art heating and cooling system that reduces odors and airborne contaminants that can be generated during hot yoga classes. Gainey’s hot yoga system will also maintain temperature, humidity and oxygen levels in the safest manner available. This intricate system was a very important aspect of the Village deciding to offer hot yoga, as they wanted to ensure Village instructors and students were practicing in the healthiest environment available.

Members will practice the new ‘Village Hot Yoga Series’, which has been developed by three of the top Village yoga instructors, and is a blend of 26 poses in a heated flow series. The Village hot yoga classes will offer 60 minute and 75 minute classes, and will be on the cutting edge of hot yoga practices everywhere.

“Our members have been interested in a hot yoga option for some time, and we have answered their requests with the best and safest hot yoga studio in the Valley,” said Faye Stenerson, Group Exercise Director at Gainey Village. “Not only are we providing another yoga option into our class schedule, but our offering is also focused at health, cleanliness, and a constant view of humidity and oxygen levels, ensuring a safe and effective workout.”

Hot yoga has been gaining in popularity for years as it provides the internal organs, ligaments, and muscles everything needed to maintain optimum health and maximum function. Hot yoga also heals, detoxifies and exhilarates the body and mind with an emphasis on building stamina, flexibility, strength and balance while exercising the entire body from the inside out.

The heated and hot yoga classes will be included in the monthly membership dues for Gainey Village members and Village Choice members. Currently, hot yoga only studios charge approximately \$130 a month to practice only hot yoga.

About Village Health Clubs & Spas - Village Health Clubs & Spas are owned by DMB Sports Clubs and operate as high-end, family-oriented health clubs and spas in the Phoenix metropolitan areas. Beginning in 1976, Village Health Clubs & Spas has grown to 4 clubs in the Phoenix area: Camelback Village, Arcadia; DC Ranch Village, North Scottsdale; Gainey Village, Scottsdale; & Verrado Village, Buckeye; and provide unique experiences that positively impact people’s lives.

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