

JOIN US THIS JANUARY & GET YOUR **GLOW** BACK!

HEAT IS A ONE-STOP SHOP TO WORK ON YOUR VIBRANCY, ENERGY AND WELL-BEING. OUR CLASSES ARE GEARED AT ALL AGES, SIZES AND FITNESS LEVELS.

We offer hot yoga, yin yoga, vinyasa warm yoga, plus suspension training classes, circuit training and boxing. Our weekend workshops include everything from trapeze yoga to yoga for runners.

Build a strong body, posture and mind. Walk taller, unwind, de-stress, lose weight and detox.




£20 FOR 20 DAYS
UNLIMITED **HOT YOGA**
& **FITNESS CLASSES**

 **HEAT**
FITNESS

View timetable at

www.heatfitness.co.uk

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