

HOT YOGA NORTHWEST

How to Prep for Class Checklist

- Hydrate, hydrate, hydrate!
Make sure you drink plenty of water in the days leading up to your first class.
Pro-tip: Aim for half of your body weight in ounces of water per day for optimal hydration!
- Eat a light meal or snack 2-3 hours prior to class.
A belly full of food does not feel good in class!
- Wear lightweight, fitted, athletic-style clothing. Sweat-wicking material is best!
Pro-tip: Avoid cotton or any thick material - you'll be sweaty!
- Pack a yoga mat, full-sized towel, and water bottle.
Mat + towel rentals available in-Studio. \$2 / each, cash preferred.
- Locate us! Plan your route. We are located just south of the Hazel Dell Grange, 78th Street exit, same side of the freeway as LA Fitness. Parking available.
HYNW Address:
7409 NE Hazel Dell Ave, #104
Vancouver, WA 98665
- Arrive at the Studio at least 15-minutes prior to class time to sign-in, meet your Instructor, and get set up for class.
Pro-tip: Class starts right on-time! Don't be late!
- Be prepared to work hard and sweat!
Looking for more information? Check out our FAQs page: hotyoganorthwest.com/FAQ