

HOTWORX

A space created to torch calories with a fusion of infrared heat & exercise.

Rules & Requests

- Available by appointment only.
- No food allowed inside the sauna.
- Minors must have a signed consent form to use the sauna.
- Check with a doctor before use if you are pregnant, in poor health, or under medical care.
- Do not use if you have a pacemaker or other internal medical device.
- To reduce the risk of overheating, exit sauna immediately if you feel uncomfortable, dizzy, or sleepy.
- No shoes on yoga mats.
- Clean up after use, including sanitizing mats.
- Please hang mats on rack to dry after cleaning.
- Return all equipment to its original location.

Breathing heated air in conjunction with consumption of alcohol, drugs, or medications can cause unconsciousness.