

HOTWORX is a virtual instructed exercise program created for users to experience the many benefits of infrared heat absorption, while completing a 30-minute Isometric workout or 15-minute High Intensity Interval Training (HIIT) session.

Our patented sauna combines heat, infrared, and exercise — what we like to call “3D Training” — make **HOTWORX** unlike any other fitness program available!



**Membership discounts to all
Flowood Chamber Members!**