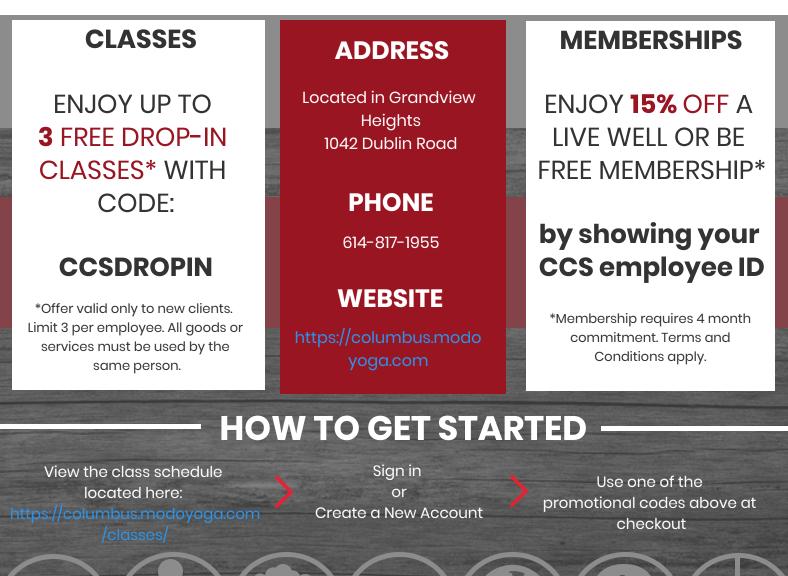


discounts for CCS employees

Modo Yoga Columbus offers a form of hot yoga that combines the precision of therapeutic yoga and the foundations of traditional yoga in a specially **heated** room. The series is a cardiovascular workout that strengthens, tones and loosens the muscles, while calming the mind and reducing stress.

# Join today with a promo code below!



FAQ document



#### What is Modo Yoga?

Modo Yoga Columbus offers a form of hot yoga that combines the precision of therapeutic yoga and the foundations of traditional yoga in a specially heated room. The series is a cardiovascular workout that strengthens, tones and loosens the muscles, while calming the mind and reducing stress.

## Why is the yoga studio heated? Is it for me?

The 'hot' in hot yoga allows for deep, safe stretching. Classes are suitable for all levels of ability, even those taking their first yoga class ever with limited flexibility and mixed feelings about temperature.

#### Does Modo Yoga offer any non-heated classes?

No. Modo Yoga only offers hot yoga classes with heated rooms.

#### Who is eligible?

All CCS employees are eligible to participate. The promo code/ discounts are for CCS employee use only.

#### How do I view the class schedule?

To view the class schedule, visit: https://columbus.modoyoga.com

## Do I need to sign up online ahead of time or can I just show up to a class?

You do not have to sign up ahead of time, you can sign up for class in person at the studio. If you choose to sign up at the studio, please be sure to bring your CCS employee ID with you.

#### How do I redeem a promo code?

You can redeem a promo code online or in the studio at checkout.

#### What happens after I use all 3 class passes?

Each employee will be able to use up to three free class passes using the promo code **CCSDROPIN**. Once all three class passes are used, the CCS employee will be able to either continue their practice by purchasing a Live Well or Be Free Membership for 15% off by **showing your CCS employee ID** or simply not continue.

#### How much does a membership cost?

Membership Type*	Original Price	Discounted Rate
Live Well Membership	\$99.00	\$84.15
Be Free Membership	\$119.00	\$101.15

\*Terms and conditions apply. Read more here: https://columbus.modoyoga.com/pricing/

#### What do I wear to class?

Please wear comfortable, breathable clothing that allows for unrestricted movement.

#### What do I need to bring to class?

Please bring a yoga mat, towel, and water bottle to class. If you forget or do not own any of these items, they are available for rent or purchase at the studio.

#### Is there a place at the studio to store my belongings?

Yes, there is a locker room with restrooms, showers, and lockers to store your belongings.

# For more information visit: https://columbus.modoyoga.com