



The Beginner's Guide to Hot Yoga & Inferno Hot Pilates



EVERYTHING A FIRST-TIMER
NEEDS TO KNOW — IN TWO
MINUTES FLAT

OUR TWO CLASS TYPES, IN A NUTSHELL



HOT YOGA

Yoga in a heated room (95–105°F) with infrared heat that feels more like sunshine, not a sauna. We offer several hot yoga formats — from slower, highly structured classes to athletic flows and restorative options, with levels for every body.



INFERNO HOT PILATES

Pilates + interval training in a warm room, set to music. High intensity, but low impact — easier on your joints than pounding pavement. You set your own pace, and every exercise has options. No yoga experience needed.

YOU MIGHT BE WONDERING...



Will I survive the heat?

The first several minutes may feel intense. Give your body time to settle in and rest whenever you need to.



I'm not flexible enough.

Flexibility is the result of yoga, not the requirement. That's like being too hungry to eat.



Will everyone notice I'm new?

No — everyone's too busy sweating on their own mat. Many students are first-timers, and instructors help you through every pose.



Am I too old / too out of shape?

Hot rooms are full of every age and body. Every pose has options, and low-impact formats like Inferno Hot Pilates are kind to joints with opinions.

YOUR FIRST-CLASS CHECKLIST

- ✓ Hydrate all day — start the day before, not on the drive over
- ✓ Eat light — a small snack 1–2 hours before is perfect
- ✓ Wear fitted, breathable clothes (loose cotton gets heavy fast)
- ✓ Bring a big water bottle
- ✓ We provide free mat and towel rentals for all new clients
- ✓ Arrive 10–15 minutes early and tell the teacher it's your first time

WHAT TO EXPECT AFTER

Many people leave feeling calmer and sleep especially well that night. You may feel some normal post-workout soreness the next day. And your second or third class will feel dramatically easier than the first. Give yourself a couple of classes — that's when the magic shows up.



READY TO TRY YOUR FIRST CLASS?
Start with 2 weeks of unlimited classes for \$59.

➔ Choose your first class at heliosyoga.com



A boutique hot yoga & Inferno Hot Pilates studio in Loudonville, NY
260 Osborne Rd, Unit 6



Questions? Just send us an email that brought you here — a real human reads every one.