

# Frequently asked Questions



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## 1. I'm new to Elite Fitness, what do I need to know?

First of all, a very warm welcome to HotYoga at Elite Fitness – we hope you enjoy our studio. Click on our Book Classes Now button on our website: [www.elitefitness.co.uk](http://www.elitefitness.co.uk)

- Make sure you arrive at least 10 minutes before your class. Sorry, if you arrive late you will not be allowed into the class as this disturbs others.
- You will need to bring a towel or 2 to class with you and a litre bottle of water.
- Don't worry though if you forget a towel we have some you can hire on reception and a vending machine for water.

## 2. Are there any studio rules I should be aware of?

Good question! Make sure you read our Studio Etiquette before your first visit.

## 3. Do you have showers?

Yes, we have showers in the changing rooms.

## 4. How busy are classes?

We strongly recommend booking all classes in advance to ensure your place.

## 5. Why the heat?

The studio is kept at approximately 105°F (40°C) and 60% humidity. The heat warms up your body allowing you to stretch into the postures (asanas) in a safer environment. The combined heat and humidity also promote sweating which in turn flushes toxins from the body.

## 6. Will it keep me fit, is it cardiovascular & can I lose weight?

Yes, yes, yes! Whatever your fitness level you will find HotYoga challenging (that's why so many people come back for more).

The postures (asanas) combine strength, flexibility and balance to give you a total body workout. As with other forms of cardiovascular exercise, regular practice will also aid weight loss.

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**HOT YOGA**  
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## Frequently asked Questions continued

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### 7. What are the benefits of HotYoga?

- Provides total body workout
- Helps sport (and other) injuries
- Improves posture
- Eases back pain
- Increases flexibility and strength
- Reduces stiffening of joints
- Boosts energy levels
- Detoxes and cleanses
- Relieves tension
- Relaxes the body and mind

### 8. What if I've never tried yoga before?

HotYoga is for everyone. Each class is open to beginners and follows the same format whether it is your first class or whether you have been practising for many years. It does not matter how well you do each posture, only that you try the right way.

### 9. What if I'm not flexible?

All the more reason to come to HotYoga! You will be amazed how quickly your flexibility can improve and the heated room provides a safe environment to do this.

### 10. Do I have to be fit?

HotYoga is designed for all levels of fitness, but if you have special medical conditions or injuries, please consult your doctor first and inform your teacher before class.

### 11. Am I too old?

No! "Never too old, never too late, to start from scratch and begin again"

### 12. Can I practice if I am pregnant?

We do not allow any students to practice whilst they are pregnant.

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## Frequently asked Questions continued

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### 13. How do I book?

Click on our Book Classes Now button on our website: [www.elitefitness.co.uk](http://www.elitefitness.co.uk)

### 14. How long do the classes last?

Classes run for either 60 or 75 minutes but do not worry! All classes are suitable for absolute beginners and more advanced students alike, so just make sure you take your first few classes nice and easy and you will start enjoying all the amazing benefits this wonderful yoga has to offer in no time at all.

### 15. Do I need to drink a lot before and after class?

You are going to sweat a lot so it's important to keep the water flowing. We should all try and drink at least 2 litres of water every day. We recommend you drink 1/2 litre of water an hour before class – enough to keep you hydrated during class but not so much that you feel bloated during the postures. In the class itself, after the initial warm-up postures, you should sip water between postures whenever you need to. After class, it's also really important to get those lost electrolytes back into your system as well. We sell a variety of isotonic drinks and satchets in our vending machine including coconut water.

### 16. Should I eat before class?

Not directly before class. It is recommended that you eat no heavy food 1 to 3 hours before class as all the compression postures aren't much fun while your body's still digesting!

### 17. What should I wear?

You are going to sweat so try and avoid loose clothing. Women normally wear sports tops and bottoms. Men normally wear shorts with a T-shirt or sports top being optional.

### 18. What do I need for class and are there lockers?

- Towels x 2 (1 for class and 1 to shower)  
**Towels are also for hire at reception for £1, and there is a used towel bin in the gym**
- Bottle of water (1 litre)
- Yoga mats are provided for free (although some people bring their own)
- We provide lockers in the changing rooms they take £1 coin.

