



Fiery Sun

FITNESS

Ignite the fire within

Beginner Yoga/Pilates Class Schedule

St. Mark's Episcopal Church
6744 S. Kings Hwy, Alexandria, VA 22306
Thursdays at 7:00pm to 8:00pm
January 6th - February 24th (8 wks)
March 10th - April 21st (7 wks)
NO CLASS ON April 28th & May 5th
May 12th - June 23rd (7 wks)



Please check our
class schedule online
as it is subject to
change periodically.

CLASS PRICES

Walk-in Fee: \$15/class

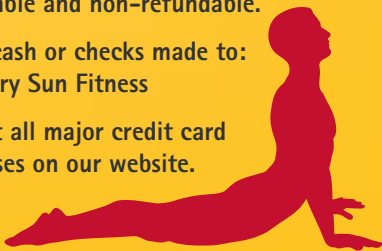
10-class Pass: \$120

You receive 10% off if you refer a
friend who registers for a class.

Buy a 10-class pass to use within six months of purchase.
No membership required. You can use the pass for any
class location or as a walk-in. The pass is
non-transferable and non-refundable.

We accept cash or checks made to:
Fiery Sun Fitness

We accept all major credit card
purchases on our website.



Kristen Heim is a certified yoga, pilates practitioner and President of Fiery Sun Fitness LLC. Though our specialty is PreNatal & Senior yoga and pilates, our classes are offered to the general adult population.

Our Philosophy is to provide a safe, and nurturing environment, free of competition and judgment. Our students are encouraged to work at their own pace and will be taught by the instructor how to adapt postures to fit individual body types and capabilities.

Beginner Yoga/Pilates (60 minutes)

A progressive class designed for individuals who've had little to no yoga or pilates experience, and would like to start from the beginning in a fun and safe environment with other beginners. You do not have to be able to touch your toes, do a headstand or twist yourself into a pretzel. This class is recommended for all ages and prenatal women. It is preferred for those who are able to stand up and sit down on the floor. Some props will be used, you're welcome to bring your own.

What to bring

We have a variety of props. Please bring your own mat and water. You may also purchase these items on in person or on our website.

Class Start

Please arrive AT LEAST 15 minutes early to sign in and start your journey. The front door will be locked 5 minutes before class starts.

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