

OYF KENSINGTON

6676 HASTINGS STREET | BURNABY



FAR INFRARED FITNESS IS FAR BETTER.
YOGA. FITNESS. STRETCH. BARRE. PILATES.

WELCOME

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BENEFITS OF FAR INFRARED

OYF KENSINGTON



OXYGEN IS MORE THAN JUST YOGA.

The benefits of FAR Infrared fitness

Skin Purification.

Detoxification.

Reduces Stress & Anxiety.

Improves Mood.

Heals Aches & Pains.

Burns More Calories.

It supercharges your workout

- Burn 40% more calories in the FAR Infrared that in a normal gym class

Get Your Sexy Glow On!

- It helps remove bacteria, dead skin, dirt & sweat from your skin leaving it clean, rejuvenated, more elasticity and acne free!

It strengthens your immune system

- How? Because your body temperature is elevated by the infrared heat. Your immune system is stimulated and works to fight bacteria and viruses presently in your system.

It will make you feel sexy and confident

- Infrared waves are absorbed by the cells of the body, helping to break down stubborn cellulite into a water soluble substance that can now be eliminated through sweating.

OUR CLASSES

OYF KENSINGTON

HOT ABSOLUTELY BURNING BUTTS | 60 MINUTES

This high intensity, energetic class will give you insane results focusing on the booty & abs. The first half of the class is non-stop exercises dedicated to a toned, lifted and strong booty! The second half is dedicated to the abdominal muscles, obliques and back - aka the entire core! You will finish your class with a well deserved supine stretch to help release those tight muscles! Don't forget to bring your cheeky persona!

HOT BARRE FUSION | 60 MINUTES

This dynamic conditioning class works the entire body by combining a hard-core Pilates style core exercise regime with the perfect blend of Athletics style Yoga and endurance training to create a complete toned body and an increased fitness level. Incorporating the ballet barre, body bar, weights, Pilates balls, blocks, resistant bands and much more. This class is high energy and will challenge you as you detox your system!

HOT DEEP STRETCH & RELAXATION | 60 MINUTES

The first half of the class is spent relaxing your mind and body through seated stretches and flows. The second half takes you into holding yin postures to increase flexibility and stretch your connective tissues that allow you to deepen your stretch and tap into your inner strength with calmness and ease. This calm and serene class allows you to "let go" of your daily stresses and chaos, and zero in on your inner peace, health & well-being. Soak up all the benefits in a peaceful candle-lit studio.

HOT AMAZING ARMS | 30 MINUTES

Designed to focus on the upper body only! Building the strength and definition of your arms, and shoulders. The first half will be non-stop exercises dedicated to the shoulder muscles. The second half of class is dedicated to the biceps, triceps and forearms. This class will make you want to cut all the sleeves off your shirts to show off your sleek arms & sexy shoulders!

HOT BARRE PILATES FUSION | 60 MINUTES

This strength and toning class fuses together two of your favourites... Barre fitness with all the amazing benefits of Pilates style movements. Barre fitness uses strength training and cardio along the bar to develop a long, lean and toned bod while improving balance, flexibility and range of motion.

HOT FREEDOM FLOW | 60 MINUTES

This class starts in savasana connecting to pranayama (breath control) and supine spinal twists for approx. 5 min to warm the body and connect the mind to your breath, followed by flowing from pose to pose with one breath per movement. You will be lead through a series of dynamic flows incorporating standing postures, balance postures, detoxifying twists, safe transfers, pranayama, mudras and more. Get ready to elongating your muscles, increase your flexibility and strength in both your body and mind.



DOWNLOAD THE OYF APP
& CHOOSE KENSINGTON
TO VIEW OUR SCHEDULE

PLEASE ARRIVE 15 MINUTES EARLY
BRING A MAT, TOWEL & WATER TO EACH CLASS

OUR CLASSES

OYF KENSINGTON

HOT LEAN MEAN LEGS & AMAZING ARMS | 60 MINUTES

Two faves rolled into one!

Legs: 30 minutes to lift and tone you right where you want.. the legs and that beautiful backside! Designed to quickly target the lower half of your body; get ready to sweat and feel the burn.

Arms: 30 minutes to work the upper body only! Building strength in your arms, back, chest and shoulders.. and don't forget those abs! Please bring your water, mat and towel.

HOT POWER CORE | 60 MINUTES

This class is a powerful, dynamic conditioning style class emphasizing the foundation strength of the entire core including the upper core, mid core, lower core, obliques, hip flexors and back body strengthening the entire core and extending into sequences of exercises focused on toning the muscles of the core that combines a hard-core Pilates style core exercise regime with the perfect blend of Athletics style Yoga and endurance training incorporating weights, Pilates balls, blocks, resistant bands and much more. This is a high energy class so please come prepared to sweat!

HOT SCULPT IT | 60 MINUTES

This class is designed to sculpt your entire body! By using heavier weights, you will focus on controlling movements to intensify the activation of the contraction, and expansion of your muscle actions while adding in a fat burning component! Get ready for a sculpted, toned, strong and healthy body.

HOT O2 HIIT | 60 MINUTES

HIIT is high intensity interval training. This is a style of workout in which you give an all-out effort with quick bursts of intense exercise, followed by short recovery periods. HIIT is all the craze because it works! These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing your calorie burn. Get ready to smash your fitness goals in this fun and addictive class!

HOT POWER YOGA | 60 MINUTES

This class is open for all levels and uses dynamic Vinyasa flowing sequences that will get your heart pumping and help you connect with your inner power. This class will challenge you physically, mentally and spiritually. You will leave feeling invigorated and energized! Don't forget your mat, towel and plenty of water!

HOT STRENGTH & STRETCH | 60 MINUTES

Get the best of both worlds in one class! The first 30 minutes will be focuses on strength training using full body movements to target several muscle groups at once. Finish off with 30 blissful minutes of stretching to leave feeling relaxed and refreshed. Please bring your water, mat and towel.



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HOT TONE & SCULPT | 60 MINUTES

A unique sculpting session using weighted toning bars to work your arms, core, and legs in completely new ways! Build muscle, burn calories and lose fat in this effective muscle conditioning workout by focusing on controlled movements. Be prepared to sweat and feel sore in muscles you forgot existed!

HOT YANG YIN | 60 MINUTES

The first half of the class dedicated to yang. Yang is the masculine energy but also applies to the body as well. Yang tissues such as skin and muscles are challenged in this first part of the class holding strength asanas (poses) releasing your yang energy. The second part is dedicated to yin. Yin is the feminine energy and also applies to the body in the connective tissues such as your joints, ligaments, fascia and tendons. Through holding yin asanas in a relaxed environment you will increase your flexibility in a safe manner. By the end of this class you will be energetically centered in mind, body and soul.

HOT YOGA-FIT FUSION | 60 MINUTES

Get ready to fuse together fitness based movements, followed by a vinyasa style yoga for a good stretch and cool down. This class is perfect for getting your workout in and also to achieve the mind and body benefits of yoga. You will leave feeling relaxed and satisfied!

HOT 15 X 4 | 60 MINUTES

A dynamic blend of calisthenics, weight and resistance training designed to give you a full body workout. In our 15 x 4, we will complete 4 sets of 15 minute blocks - each dedicated to the arms, legs, abs and booty. This class will help you increase your strength, flexibility and endurance while developing the mental stamina to take your fitness to the next level!

HOT TOTAL BODY CONDITIONING | 60 MINUTES

This class will train your entire body from head to heart to toe. We will be using interval training, alternating from cardio into strength training sets to consistency raise and lower your heart rate while toning and building muscle! You will never get bored in this constantly moving and challenging class which is known to continue your caloric burn after the class has finished!

HOT YOGA & CORE | 60 MINUTES

The best of both worlds! In this class we will begin with Vinyasa Flow Yoga building up the heat and mobility in your body, flowing from pose to pose with one breath per movement. You will be lead through a series of dynamic flows incorporating standing postures, balance postures, detoxifying twists, safe transfers, pranayama, mudras and more. Half way through, you will transition into a powerful, conditioning style class, emphasizing the upper core, mid core, lower core, obliques, hip flexors and back body. Get ready to tone the entire body by incorporating weights, Pilates balls, blocks, resistance and bands.

HOT 20/20/20 | 60 MINUTES

Get the best of all worlds in one class! The first 20 minutes will be focused on cardio based training warming up the body and heart rate in an effective and safe way. You will then transition into 20 minutes of strength training using full body movements to target several muscle groups at once. The last 20 blissful minutes is dedicated to stretching, leaving your refreshed and ready to take on the week.

PLEASE ARRIVE 15 MINUTES EARLY
BRING A MAT, TOWEL & WATER TO EACH CLASS

OXYGEN

YOGA & FITNESS

Policies, Procedures & Studio Etiquette



IN/OUT

Our studio has a one directional flow - enter through the front, exit through the back



FEELING SICK?

Cold or flu like symptoms?
Rest up & stay home



DEEP CLEAN

Our studio has enhanced cleaning protocols to help keep our studio space safe



EQUIPMENT

Let's get stacked!
Please neatly stack equipment back in the work out bays



NO SHOW & LATE FEES

Book wisely!
No Show & Late Fees apply



ARRIVE EARLY

Please arrive 15 minutes before class time to allow yourself time to get settled



WAITLISTS

Treat the waitlist, like a class.
Respect your fellow yogis & remove yourself if you cannot attend



POST CLASS CLEAN

Please use the spray bottles provided to spray down your equipment



PERSONAL BELONGINGS

Store all belongings in the cubbies provided - bags, purses, clothes, etc. are not permitted in the studio space



STAY A WHILE

Don't disrupt your neighbours - please stay for the entire class and enjoy the benefits of savasana



CELL PHONES

Use of cell phones is not permitted during class - please store them in the cubbies with your belongings



SCENT FREE SPACE

It's getting hot in here!
Please use deodorant & refrain from using perfumes / scented lotions

5 TIPS FOR YOUR FIRST CLASS

1. EAT SOMETHING LIGHT 1-2 HOURS BEFORE CLASS

Try an apple, trail mix or a protein bar!

2. ARRIVE 15 MINUTES EARLY

Allow yourself time to get set up on your mat

3. STAY HYDRATED

Before, during and after class!

4. PACK LIGHT

Store your belongings in the cubbies and remember, our in-studio space is a no phone zone!

5. DRESS APPROPRIATELY

It can get pretty hot in here!



CORPORATE YOGA/FITNESS PROGRAM

PRIVATE IN-STUDIO CLASSES

BRING HEALTH & WELLNESS
INTO YOUR WORKPLACE

Our studio is equipped with & features

Experienced & Educated Instructors.
Multitude of Fitness Equipment.
Technology to Host Virtual Meetings.
FAR Infrared or Non-Heated Environment.

COMPANY BENEFITS

- Reduced medical & disability costs
- Heightened employee productivity
- Increased employee morale & loyalty
- Reduced turnover
- Positive company culture
- Reduced absenteeism
- Competitive hiring edge
- Increased efficiency, productivity & creativity

EMPLOYEE BENEFITS

- Reduced stress from business challenges
- Increased energy levels
- Improved confidence & body image
- Greater happiness & positive attitude
- Increased concentration
- Improved morale
- Decreased anxiety & tension
- Reduced muscle tension & chronic pain





**ONE WEEK
3 CLASSES
\$19**

*valid for new members only

**ARE YOU NEW HERE? DON'T FORGET
TO SIGN OUR NEW MEMBER WAIVER!**

save the trees & sign virtually



Refer \$ Save

MEMBER REFERRAL PROGRAM

The more friends you refer
the more money you save bi-weekly!

Stay Connected

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