



# OYF | KENSINGTON

6676 HASTINGS STREET | BURNABY

## CORORATE YOGA

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

# WELCOME

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OYF | KENSINGTON

## NOT YOUR TYPICAL YOGA STUDIO

We are a boutique studio in the North Burnaby community and we thrive on creating a welcoming, safe and inclusive space for people to practice yoga and fitness.

We offer a one of a kind experience in the FAR infrared and space to grow both physically and mentally within the commUNITY that our members and team have created.



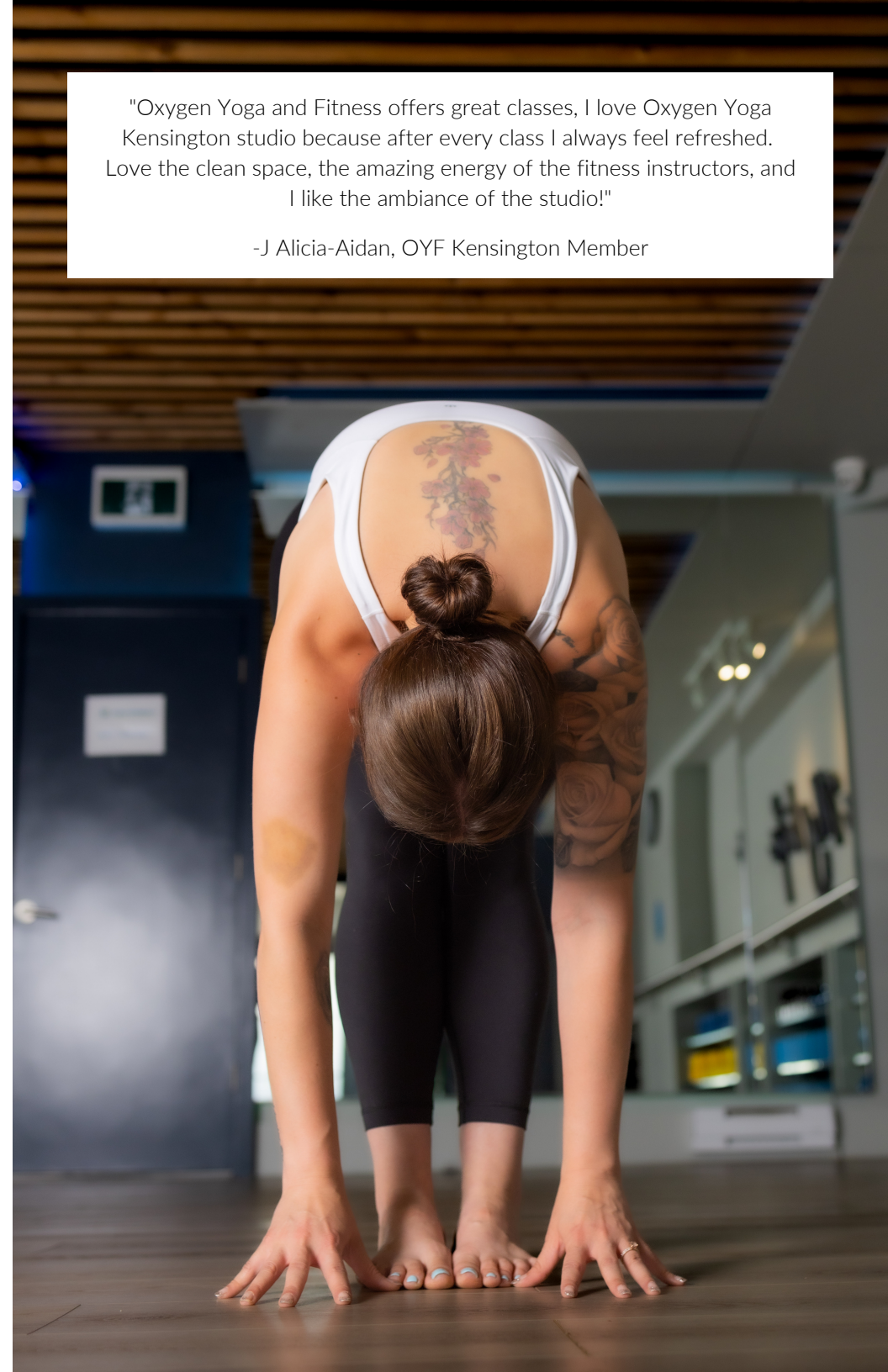


"I am in love with this studio! It is beautiful, newly renovated and always clean (which makes me love it even more). The owner and instructors are fantastic! There are a variety of classes for all skill levels - so there is something for everyone. The infrared sauna makes your experience that much better (it's like a daily dose of sunshine), plus it helps with detox, moods and relaxation. I highly recommend this studio!"

-E Cam, OYF Kensington Member

"Oxygen Yoga and Fitness offers great classes, I love Oxygen Yoga Kensington studio because after every class I always feel refreshed. Love the clean space, the amazing energy of the fitness instructors, and I like the ambiance of the studio!"

-J Alicia-Aidan, OYF Kensington Member





# ENJOY THE OYF KENSINGTON EXPERIENCE



## 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

# BRING HEALTH & WELLNESS INTO YOUR WORKPLACE

## *Benefits of our FAR Infrared*



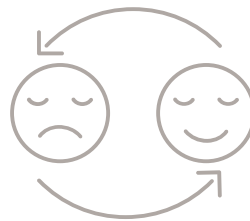
**SKIN PURIFICATION**



**DETOXIFICATION**



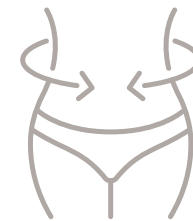
**REDUCES STRESS & ANXIETY**



**IMPROVES MOOD**



**HEALS ACHES & PAINS**



**BURNS MORE CALORIES**



**INCREASES FLEXIBILITY**

### **Supercharge Your Workout**

- Burn 40% more calories in the FAR Infrared than 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 elastic and acne free!

### **Strengthen 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.

### **Feel Sexy & 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 TEAM

LET OUR TEAM WORK WITH YOUR LEADERSHIP / CORPORATE TEAM TO HELP BRING INSPIRING WELLNESS PROGRAMS AND CLASSES INTO YOUR WORK LIFE. OUR EXPERIENCED TEAM IS PREPARED TO WORK ONE ON WITH YOU TO ENSURE THAT YOUR PHYSICAL AND MENTAL HEALTH NEEDS ARE MET.



**STACEY, STUDIO OWNER**  
**200HR YTT**

Boss Babe Extraordinaire!  
Stacey eat, sleeps and breathes  
Oxygen Kensington.

Once member, turned instructor,  
turned owner - she is committed  
to making your experience at her  
studio nothing but the best.

She will be here to introduce  
you to the team and take you on  
a studio tour before your  
corporate classes!



**MEG, SALES & MARKETING MANAGER**  
**200HR YTT**

From Corporate Babe to Yogi,  
and everything in between.

Meg is our Sales & Marketing  
Manager here at OYF Kensington,  
and 200hr Certified  
Yoga & Fuse Instructor.

Whether you're looking for a  
deep stretch after sitting at a desk  
all day, to bring a little movement  
and flow into your yoga practice  
or a high energy fusion fitness  
class - she's your girl!



**LISA**  
**200HR YTT**

You want it, Lisa's got it!  
This yoga and fitness fanatic  
brings the fire... and we're not  
talking about the infrared!

What is your team in the mood  
for? Pilates, Yoga, Barre, Fitness?

Take your pick!

Lisa is certified in all modalities  
and ready to make you work!



**DESI**  
**200HR YTT**

Desi is a passionate and  
experienced therapeutic yoga  
teacher who specializes in teaching  
a range of styles including hatha,  
vinyasa, yin, restorative and trauma-  
informed yoga.

Desi enjoys providing a modern  
lens on yoga philosophy while  
teaching creative sequences that  
cater to practitioners best ability  
and always meeting them where  
they are at.



# OUR CLASSES

OYF | KENSINGTON  
CORPORATE CLASSES AVAILABLE WITH OR WITHOUT FAR INFRARED

## ABSOLUTELY BURNING BUTTS

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!

## BARRE PILATES FUSION

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.

## LEAN MEAN LEGS & AMAZING ARMS

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.

## AMAZING ARMS

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!

## DEEP STRETCH & RELAXATION

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.

## 02 HIIT

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!

## BARRE FUSION

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!

## FREEDOM FLOW

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.

## POWER CORE

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!

# OUR CLASSES

OYF | KENSINGTON  
CORPORATE CLASSES AVAILABLE WITH OR WITHOUT FAR INFRARED

## POWER YOGA

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!

## TONE & SCULPT

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!

## YOGA-FIT FUSION

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!

## 15 X 4

A dynamic blend of calisthenics, weight and resistance training designed to give you a full body work out. 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!

## SCULPT IT

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.

## TOTAL BODY CONDITIONING

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!

## YANG YIN

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.

## STRENGTH & STRETCH

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.

## YOGA & CORE

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.

## 20/20/20

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.

# PICK YOUR SHADE



**\$750** *one time private class*

## WHAT'S INCLUDED

- ✓ Private Class: Up to 15 people
- ✓ Class Type: Yoga, Fusion Fitness, Mediation, or Deep Stretch
- ✓ Class Length: 30 - 60 minutes
- ✓ Extras: Optional 15 minute studio time before & after class to settle in/relax



**\$1400** *two private classes per month*

## WHAT'S INCLUDED

- ✓ Private Class: Up to 15 people
- ✓ Class Type: Yoga, Fusion Fitness, Mediation, or Deep Stretch
- ✓ Class Length: 30 - 60 minutes
- ✓ Extras: Optional 15 minute studio time before & after class to settle in/relax



**\$2600** *one private classes per week*

## WHAT'S INCLUDED

- ✓ Private Class: Up to 15 people
- ✓ Class Type: Yoga, Fusion Fitness, Mediation, or Deep Stretch
- ✓ Class Length: 30 - 60 minutes
- ✓ Extras: Optional 15 minute studio time before & after class to settle in/relax
- ✓ Electrolyte beverage OR Flow Alkaline water
- ✓ PurEarth Yoga Mat OR Hot Yoga Mat Towel \*one per participant
- ✓ 2 week unlimited membership per participant \*\$80 value
- ✓ 10% discount on all autopay memberships
- ✓ 10% on all studio merchandise





# 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!





**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!

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**OXYGEN**  
YOGA & FITNESS