

Membership Discount ~ OXYGEN YOGA & FITNESS!



Location

4454B West Saanich Road, in Royal Oak Shopping Center

Phone

250-658-9642

Website

<https://oxygenyogaandfitness.com/saanich-location/>

Hours

Please see website for schedule

The Membership

Back this year the Greater Victoria School District has partnered with *OXYGEN Yoga and Fitness*. *MORE THAN JUST YOGA*, Oxygen is the original infrared hot yoga studio that is changing the lives of thousands of participants. Work on your flexibility and core strength and as your heart rate increases slightly due to the heating of your tissues, your blood flow increase and improves your circulation. Other benefits are:

DETOXIFICATION - Sweating is the body's natural way to heal and stay healthy. FAR Infrared heat raises the body's core temperature in a natural, comfortable way without blowing dry air or humidity. The result is a detoxifying sweat at the cellular level.

WEIGHT LOSS - Studies have shown that a 60 minute FAR Infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate causing the body to burn more calories. Now pair that with a workout at any fitness level, and imagine the possibilities.

PAIN RELIEF - FAR Infrared heat penetrates the tissue, joints and muscles relieving minor aches and pains. It can also speed up injury recovery and reduce symptoms of chronic pain and stiffness.

SKIN PURIFICATION - FAR Infrared technology can help purify your skin by eliminating toxins from your pores and increasing circulation resulting in clearer, healthier skin.

The Details

- Try your first week for only \$19 - schedule it at <https://oxygenyogaandfitness.com/one-week-trial/>
- Take advantage of our Corporate Monthly Membership for \$119/month + tax based on a 12 month commitment
- Anyone who purchases an Oxygen for Life membership will receive a free sweat towel or wrist bands.

How do I Join?

- Call or visit Oxygen to enroll directly with one of their staff members.
- Mention that you work for SD 61 - proof of employment may be requested (e.g. paystub).
- All memberships will be paid directly to Oxygen.