

Mission

To deliver unprecedented programs and services for adults across the age-span to live with vitality and a thriving quality of life through the development of fitness and an improvement of health by preventing injury, illness and disease.

Staff

Our staff are certified personal trainers, current students or graduates of Kinesiology. In addition, they have specialized knowledge in working with athletes and aging/chronic disease populations.

Locations

UBC Point Grey Campus: BodyWorks Fitness Centre, Community Centres:
Sunset | Kerrisdale | Dunbar
Visit centre locations for more information.

FITNESS CENTRE HOURS

Monday to Friday
6:30 am to 8:00 pm
Saturday 8 am to 6 pm
Sunday 10 am to 4 pm

Osborne Centre
6108 Thunderbird Blvd.
Vancouver, BC V6T 1Z3
Monday to Friday 8:45 am to 4:15 pm

Phone: 604-822-0207
Fax: 604-822-8998
Email: kin.outreach@ubc.ca
www.outreach.kin.educ.ubc.ca/bodyworks



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

School of Kinesiology

UBC BodyWorks

Home of the Changing Aging Program



Winter 2017

FREE Consultations,
NEW SPIN and YOGA classes are available!

Osborne Centre 6108 Thunderbird Blvd.
(604) 822-0207
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www.outreach.kin.educ.ubc.ca/bodyworks

UBC Bodyworks is an adult-oriented fitness centre that combines principles of athletic training and clinical exercise programming. Designed and run by the School of Kinesiology, UBC staff, faculty, and the public enjoy a non-competitive, supportive community promoting health for every body and ability.

Bodyworks Program Policies

Expiry Policy: Punch Pass and Personal Training packages expire one year from purchase and are non-transferable.

Vacation Extension Benefit: Annual members over 65 years old may receive up to 4 week extension per membership year, however unused vacation days do not roll over and it is up to you to let us know when you will be away.

Missed Classes: No makeup classes are available; we can provide one BW drop-in pass per participant per term if you have missed one class or more. Classes are pro-rated for individuals who register after start of term.

Medical Refunds: We are able to provide a prorated refund if you must withdraw from a class due to medical reasons with a doctor's verification.

Cancelled Programs: If any program is cancelled, you will receive a 24 hour notice and we will provide you a prorated refund.

Scent & Nut Free: We are a scent and nut free facility. Please refrain from wearing any colognes or perfumes.

Code of Conduct: Please consult our code of conduct and adhere to the policies listed. For more information, visit the UBC Bodyworks website for a complete list of our policies.

All participants must submit a Member Agreement, Waiver and required health forms for every package purchased. Forms are available online, or in person at our Osborne Office.

A medical Referral Form will be required prior to starting **Changing Aging** classes and **Premium Passes**.

MEMBERSHIPS

BASIC—Includes general access to the fitness centre, a fitness assessment and a Personal Training session.

4 month pass: \$50/month (\$200 total)
8 month pass: \$45/month (\$360 total)
12 month pass: \$35/month (\$415 total)

BASIC PUNCH PASS— Includes facility access and fitness classes on a first come, first served basis.

10 visits: \$8.50/visit (\$85)
20 visits: \$8/visit (\$160)

SPECIALTY MEMBERSHIPS

PREMIUM PASS—Includes sessions with a Sr. level personal trainer, facility access & once weekly 1-on-1 assistance with a trained volunteer.

4 month pass (+3 sessions): \$95/month
8 month pass (+6 sessions) \$80/month
12 month pass (+10 sessions): \$75/month

PREMIUM PUNCH PASS — Includes facility access, fitness classes (first come, first served) and minimum once weekly 1-on-1 assistance with a trained volunteer.

Option 1—20 visits (+3 sessions): \$354
Option 2—20 visits *Premium Renewals Only: \$200

Prices do not include applicable taxes.

FITNESS CLASSES & PROGRAMS

NEW YOGA POWER/YOGA RECOVERY
\$136.50 per term (14 classes)-Yoga Power
\$78 per term (8 classes)-Yoga Recovery

Modified yoga poses utilizing core, breath and biomechanical movements. This class is designed to help understand your body and gain awareness about any muscular asymmetries you might be experiencing.

COMMUNITY FIT (CFIT)
\$147/\$158 per term (28/30 classes):

This quick class designed for busy adults builds posture, back strength, and functional conditioning to ensure your body stays flexible, fit & strong.

FIT OVER 50
\$286 per term (43 classes):

This class focuses on the *maintenance* of joint mobility and stability through functional movement exercises and the development of cardiovascular health through cycling. This program will help members find & maintain fitness in your 50's and over!

***CHANGING AGING 65+**
\$242 per term (42 classes):

This program focuses on the *development* of functional strength, flexibility and cardiovascular health through spinning, functional movement and/or mobility.

SPIN
\$147 per term (28 classes):

Join us for 45 minutes focused on improving your endurance & cardio. Spin your way to health!

All classes are pro-rated for individuals registering after the start of term.

UBC BodyWorks

Winter Session: January 9 – April 22

No classes: February 13 (Family Day) April 14-17 (Good Friday– Easter Monday)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-7:45am CFIT 1 Posture/Back	7:00-7:45 SPIN Spin/Mobility	7:00-7:45am CFIT 1 Functional	7:00-7:45 SPIN Spin/Mobility		
8:00-8:50am Changing Aging - 1 Spin/Functional		8:00-8:50am Changing Aging - 1 Spin/Mobility		8:00-8:50am Changing Aging - 1 Spin/Functional		
9:00-9:50am Changing Aging - 2 Spin/Functional	9:00-9:50am Fit Over 50 - Spin/Functional	9:00-9:50am Changing Aging - 2 Spin/Mobility	9:00-9:50am Fit Over 50 - Spin/Core/ Mobility	9:00-9:50am Changing Aging - 2 Spin/Functional	9:00-9:50am Fit Over 50 Spin/Functional	<i>Private Bookings available</i>
12:00-12:45pm CFIT 2 Functional	12:00-12:45pm YOGA Power/ Biomechanics	12:00-12:45pm CFIT 2 Posture/Back	12:00-12:45pm YOGA Core/ Recovery			
5:15-6:00pm CFIT 3 Functional			5:15-6:00pm CFIT 3 Posture/Back			
5:30-6:15pm SPIN Spin/Mobility		5:30-6:15pm SPIN Spin/Mobility				

Intake Appointments: For health screening purposes, we recommend new members age 50+ and/or current members with health concerns who plan on participating in fitness classes to book a free intake appointment at the time of registering.

Prices do not include applicable taxes.

PERSONAL TRAINING (PT)

Our certified Personal Trainers offer assessments & individualized programs to help you meet your fitness goals. Personal training can be in a private 1-on-1 setting or a semi-private session with your friends or family members. Senior PT's have additional training & experience.

Choose from:

- Fitness Assessment
- Personal Training
- Functional Movement Screen (FMS)

***New Personal Training clients may try the Introductory Package (33% off)**

#	PRIVATE SESSION		SEMI-PRIVATE SESSION	
	Personal Trainer	Senior Personal Trainer	Personal Trainer	Senior Personal Trainer
1	\$ 55.00	\$ 70.00	\$ 80.00	\$ 103.00
3*	\$ 111.00	\$ 141.00	\$ 161.00	\$ 207.00
5	\$ 215.00	\$ 295.00	\$ 314.00	\$ 428.50
10	\$ 420.00	\$ 570.00	\$ 597.00	\$ 826.00

University Neighborhood Association members receive 15% off Changing Aging, 10% off fitness classes and 10% off personal training services.

