



MISSION

To develop and deliver exceptional evidence-based fitness programs and services that educate and inspire to enhance wellbeing, while facilitating excellence in student leadership and mastery of skills.



STAFF

Our staff are certified personal trainers and yoga instructors, current students, and graduates of Kinesiology with specialized knowledge in working with aging and clinical populations cleared for exercise.



LOCATION

UBC Point Grey Campus:

BodyWorks Fitness Centre
6108 Thunderbird Blvd., Vancouver

Community Centres:

Kerrisdale | Dunbar | Kitsilano



FITNESS CENTRE HOURS

Monday to Friday: 7:45am-7:30pm

Saturday: 8:30am-2pm

Sunday: 10am-2pm



REGISTRATION OFFICE

Monday to Friday 8:45 am to 4:15 pm

Osborne Centre 6108 Thunderbird Blvd.

Phone: 604-822-0207



Email: kin.outreach@ubc.ca



<http://kin.ubc.ca/bodyworks>



THE UNIVERSITY OF BRITISH COLUMBIA

School of Kinesiology

BODYWORKS

Home of the Changing Aging Program

Fall 2018



UBC Bodyworks

BodyWorks is a renowned centre of excellence for fitness education and programming focused on wellbeing and the prevention of chronic disease in middle age and older adults.

In a non-competitive, friendly environment, UBC staff, faculty and the public are supported in reaching their health and fitness goals. In addition to our UBC location, our fitness classes are taught at Dunbar, Kerrisdale, and Kitsilano community fitness centre locations.



MEMBERSHIPS

BASIC

Includes general access to the fitness centre (not including classes). New members also receive a free fitness assessment.

4 month pass: \$50/month (\$200 total)

8 month pass: \$45/month (\$360 total)

12 month pass: \$35/month (\$415 total)

BASIC PLUS

Includes general access to the fitness centre (not including classes) and 6 personal training sessions listed below.

4 month pass including:

\$95/month (6 sessions with trainer)

\$110/month (6 sessions with senior trainer)

DROP IN PASSES

Drop in and punch passes can be used for either a class or facility access.

SINGLE DROP IN PASS

\$10/adult

\$3* UBC faculty, staff, and students

*Monday to Friday 1-4pm with valid UBC ID,

Exact change only

PUNCH PASS CARDS

20 visits: \$185 (non-refundable, non-transferable, physical card passes only)



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 book a free intake appointment at the time of registering.

Call (604)-822-0207 to schedule.

FITNESS CLASS SERIES

BB FIT

Using the latest research in exercise and cognitive health, BB Fit includes fun game-like exercises, light-moderate aerobic drills, and tai chi movements for improved brain function and motor control.

CHANGING AGING

This program focuses on the development of functional strength, flexibility and cardiovascular health through spinning, functional movement and mobility. An intake assessment is required PRIOR to participation.

COMMUNITY FIT (CFIT)

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

FIT OVER 50

This class focuses on the maintenance of joint mobility and stability through functional movement exercises and the development of cardiovascular health through cycling.

SPIN

Join us for 45 motivating minutes focused on improving your endurance & cardio.

YOGA AND MINDFUL MOVEMENT

Experience specific breathing exercises, gentle yogic stretches, and mindful movement for improved strength, flexibility, balance, and wellbeing.

PRICING

All classes work out to \$7/class, and total course package pricing varies depending on the number of individual classes included, but typical programs range from 7-9 individual classes.

UBC BODYWORKS

Winter Session: September 05 - December 21, 2018

No classes scheduled on holidays

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50am Changing Aging - 2 Spin/ Functional	8:00-8:50am BB Fit Functional Cognitive	8:00-8:50am Changing Aging - 2 Spin/ Functional	8:00-8:50am BB Fit Functional Cognitive	8:00-8:50am Changing Aging - 2 Spin/ Functional	
9:00-9:50am Changing Aging - 1 Spin/ Functional	9:00-9:50am Fit Over 50 Spin/ Functional	9:00-9:50am Changing Aging - 1 Spin/ Mobility	9:00-9:50am Fit Over 50 Spin/ Functional	9:00-9:50am Changing Aging - 1 Spin/ Functional	9:00-9:50am Fit Over 50 Spin/ Functional
10:00-10:50am BB Fit Functional Cognitive				10:00-10:50am BB Fit Functional Cognitive	
12:00-12:45pm CFIT 2 Functional	12:00-12:50pm Yoga MM Flexibility	12:00-12:45pm CFIT 2 Functional	12:00-12:45pm SPIN Spin		
5:15-6:00pm CFIT 1 Functional		5:15-6:00pm CFIT 1 Functional			
5:30-6:15pm SPIN Spin	5:30-6:15pm SPIN Spin	5:30-6:15pm SPIN Spin	5:30-6:20pm Yoga MM Flexibility		

Private Bookings are Available on Sundays



Class Series Special

5% discount for purchase of 2 class series and 10% discount for purchase of 3 or more.

Late registration is allowed up to the start of the 3rd week of the series with prorated fees.

PERSONAL TRAINING & YOGA

Our certified Personal Trainers and Yoga Instructors offer assessments & individualized programs to help you meet your fitness goals. Sessions can be in a private 1-on-1 setting or semi-private with your friends or family members. Senior trainers have additional training & experience. **Introductory package for new clients: 33% off first 3 sessions.***



#	PRIVATE		SEMI-PRIVATE	
	PERSONAL TRAINER / YOGA	SENIOR PERSONAL TRAINER	PERSONAL TRAINER / YOGA	SENIOR PERSONAL TRAINER
1	\$ 55.00	\$ 70.00	\$ 80.00	\$ 103.00
*3	\$ 111.00	\$ 141.00	\$ 161.00	\$ 207.00
3	\$ 144.00	\$ 189.00	\$ 200.00	\$ 270.00
5	\$ 215.00	\$ 295.00	\$ 314.00	\$ 428.50
10	\$ 420.00	\$ 570.00	\$ 597.00	\$ 826.00



University Neighborhood Association

15% off Changing Aging, 10% off fitness classes and 10% off personal training services