Supervisors
Our supervisors hold a combination of Clinical Exercise Physiologist and Kinesiologist certifications and various degrees in Kinesiology.

Staff
Our staff are certified personal trainers and 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—UBC BodyWorks Fitness Centre, Community Centres:
Sunset | Kerrisdale | Dunbar
(Visit centre locations for more information.)

REGISTRATION OFFICE HOURS
Monday to Friday
8:45 am — 4:15 pm

FITNESS CENTRE HOURS
Monday to Friday
6:30 am — 8:00 pm
Saturday 8 am — 6 pm
Sunday 10 am — 4 pm

Osborne Centre
6108 Thunderbird Blvd.
Vancouver, BC V6T 1Z3

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

Spring 2016
FREE Consultations Available!

(604) 822-0207
kin.outreach@ubc.ca
Website: outreach.kin.educ.ubc.ca/bodyworks

UBC BodyWorks
Home of the Changing Aging Program

UBC BodyWorks is the only adult-oriented fitness centre using evidence-based practice at UBC Point Grey.
Our unique philosophy combines principles of athletic training and clinical exercise programming.

Designed and run by the School of Kinesiology, UBC staff and faculty and the public enjoy a non-competitive, supportive community promoting health for every body and ability.

Free Services at UBC Point Grey:
- Health and Physical Inactivity Screenings
- Health/Fitness Seminars
- Daily Access to Personal Trainers

MEMBERSHIPS
General access to the Fitness Centre, monthly health screenings and/or workshops & daily access to Certified Personal Trainers (CPT).
Discounts available for UBC staff & faculty on Basic Memberships. (Inquire within.)

Basic—includes 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

DROP IN: $10/visit

Prices do not include applicable taxes.
FITNESS CLASSES & PROGRAMS

COMMUNITY FIT (CFIT)
$158/$168 per term (30/32 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
$299 per term (45 classes)
This class focuses on the maintenance of joint mobility and stability through functional movement exercises and the development of cardiovascular health through cycling (spin). This program will help members find & maintain fitness in your 50’s (and beyond!).

*CHANGING AGING 65+
$259 per term (45 classes)
This renowned program focuses on the development of functional strength, flexibility and cardiovascular health through stretching (Stretch), spinning (Spin) and functional movement (Functional).

SPIN
$158 per term (30 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.

FIT OVER 50

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>8:00-8:50am Changing Aging - 1 (Spin/Functional)</td>
<td>8:00-8:50am Changing Aging - 1 (Spin/Functional)</td>
<td>9:30-10:20am Changing Aging - 3 (Spin/Functional)</td>
<td>7:00-7:45am CFIT 1 (Functional)</td>
<td>8:00-8:50am Changing Aging - 1 (Spin/Functional)</td>
<td>9:00-9:50am Changing Aging - 2 (Spin/Functional)</td>
<td>8:00-8:50am Fit Over 50 - 1 (Spin/Functional)</td>
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<td>9:00-9:50am Changing Aging - 2 (Spin/Functional)</td>
<td>9:00-9:50am Changing Aging - 2 (Spin/Functional)</td>
<td>9:00-9:50am Changing Aging - 2 (Spin/Functional)</td>
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<td>9:00-9:50am Changing Aging - 3 (Spin/Functional)</td>
<td>9:30-10:20am Changing Aging - 3 (Spin/Functional)</td>
<td>9:00-9:50am Changing Aging - 2 (Spin/Functional)</td>
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<tr>
<td>5:15-6:00pm CFIT 3 (Functional)</td>
<td>5:15-6:00pm CFIT 3 (Functional)</td>
<td>5:30-6:15pm SPIN</td>
<td>5:30-6:15pm SPIN</td>
<td>12:00-12:45pm CFIT 2 (Functional)</td>
<td>12:00-12:45pm CFIT 2 (Functional)</td>
<td>12:00-12:45pm CFIT 2 (Functional)</td>
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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 (maximum 2 participants per session). Senior PT’s have additional training & experience.

Choose from:
- Fitness Assessment
- Personal Training
- Functional Movement Screen (FMS)

New to Personal Training?
Try the Introductory Package
3 Sessions (33% off) 
*Limited offer

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<th>PRIV ATE SESSION</th>
<th>SEMI-PRIVATE SESSION</th>
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<tr>
<td>#</td>
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<td>10</td>
<td>$420.00</td>
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Visit our website for the forms required for participation.

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

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.

Call the Registration Office for more information:
604-822-0207.