

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

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



UBC BodyWorks

Home of the Changing Aging Program



Fall 2017

20 minute FREE health screenings
are available!

Osborne Centre 6108 Thunderbird Blvd.
(604) 822-0207
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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.

Program Policies

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

Expiry: 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, unused vacation days do not roll over and it is up to you to let us know when you will be away. If you are a graduate student and will be away for a placement, you are eligible to extend up to 4 weeks/year.

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.

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.

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)

PREMIUM —Includes sessions with a 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

Punch Pass

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

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

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

Drop In

\$10/adult

\$2 UBC faculty, staff, and students
Monday to Friday 1-4pm with valid UBC ID

Prices do not include applicable taxes.

FITNESS CLASSES

COMMUNITY FIT (CFIT)

\$154.35/\$165.90 per term (28/30 classes):

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

FIT OVER 50

\$294 per term (42 classes):

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

CHANGING AGING

\$254.10 per term (42 classes):

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

An intake assessment is required for participation.

SPIN

\$154.35 per term (28 classes):

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

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

**Additional Classes to be offered!
Stay up to date with our workshops
and trial classes.**

UBC BodyWorks

Fall Session: September 11 - December 20, 2017

No classes scheduled on holidays (October 7-9 and November 11-13)

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

PERSONAL TRAINING

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 trainers have additional training & experience.

Choose from:

- Functional Movement Screen
- Fitness Assessment
- Personal Training

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

#	PRIVATE		SEMI-PRIVATE	
	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
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**



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 book intake.

Prices do not include applicable taxes.