The vision of UBC BodyWorks is to develop and deliver exercise programs for specific populations to assist with disease management and promote healthy aging. These programs provide an experiential learning environment for Kinesiology students to apply what they learn in the classroom and work with different clinical populations while developing leadership and coaching skills.

MISSION

To develop student leadership and kinesiology skills through the delivery of evidence-based fitness programs for older adults and people with chronic conditions.
### WEEKLY CLASSES

#### CHANGING AGING
This 55+ evidence-based program is a specialty class for older adults. It focuses on strength, mobility, and cardiovascular health through muscle- and bone-strengthening exercises followed by intervals of aerobic exercise. Additional focuses include exercises to improve change of direction, reaction time and core stability. Modifications are provided to accommodate different abilities and limitations.

3 location options:
- UBC Osborne Centre (OSB) $345 (23 classes)
  - 1 hour, 2 days/week
- Kerrisdale Community Centre (KCC) or Dunbar Community Centre (DCC) $345 (23 classes) / $390 (26 classes)
  - 1 hour, 2 days/week (Friday only)

#### REGISTRATION INFORMATION
Scan here to fill out our online Get Active Questionnaire. After we receive the Questionnaire, we will get in touch to schedule a Fitness Assessment.
An initial Fitness Assessment is required prior to joining the program and is recommended to be completed every 4 months. Visit our website for more information: https://kin.ubc.ca/body-works

To register for the program at the Osborne Centre, please call us at 604-822-0207.
To register for the program at the Kerrisdale Community Centre, please call 604-257-8100.
To register for the program at the Dunbar Community Centre, please call 604-222-6060.

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<td>Brain Wellness Program</td>
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#### COMMUNITY CENTRES - OFFSITE PROGRAMS

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#### SPECIALTY PROGRAMS

#### FAME
The FAME program is an evidence-based exercise class exercise for adults recovering from a stroke. FAME’s core components are functional strength, agility, cardiovascular fitness, and balance which are all practiced within a supervised and supportive environment.
1 hour, 2 days/week $10/class
If you are interested in registering, please scan here to fill out our waitlist and we will contact you when space is available.

#### BRAIN WELLNESS PROGRAM
The Brain Wellness Program is an evidence-based exercise class for people with chronic brain conditions. This circuit style class includes bodyweight and resistance exercises to develop strength and aerobic fitness, as well as agility, gait training and balance exercises to improve locomotion.
1 hour, 1-2 days/week $10/class
If you are interested in registering, please scan here to fill out our waitlist and we will contact you when space is available.