

ABOUT US

BodyWorks is an Outreach Program of the UBC School of Kinesiology. Our adult-oriented facility incorporates evidence-based practices into our programs and services, in addition to facilitating ongoing education and training to UBC undergraduate and graduate students. Our student based staffing and non-competitive classes create an enriching and supportive environment for all participants and the student community.

BODYWORKS POLICIES

All clients are responsible for knowing and adhering to all BodyWorks policies. Please visit our website to learn more about waivers, cancellations, withdrawals, missed classes, refunds and more.

 kin.ubc.ca/body-works



THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology

UBC BODYWORKS

WINTER 2024



604-822-0207



kin.ubc.ca/body-works



kin.outreach@ubc.ca



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

VISION

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.



PRIVATE TRAINING

Our certified Personal Trainers offer fitness assessments & individualized, evidence-based programs to help you meet your fitness goals. Working with a Personal Trainer can accelerate your progress and our semi-private and small group training sessions make private training more fun and accessible.



kin.ubc.ca/body-works/private-training



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.

UBC Osborne Centre (OSB)

1 hour, 2 days/week

\$330 (22 classes)

1 hour, 1 day/week

\$165 (11 classes) Friday

Dunbar Community Centre (DCC)

1 hour, 2 days/week

\$330 (22 classes)

Kerrisdale Community Centre (KCC)

1 hour, 2 days/week

\$270 (18 classes)

** Last day of class, March 15*

REGISTRATION INFORMATION



New to the program?
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 required to be completed every 12 months. Visit our website for more information:

<https://kin.ubc.ca/body-works>

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

OSBORNE CENTRE - ONSITE PROGRAMS

2024 Winter Term: Monday January 15, 2024 - Sunday April 7, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 Changing Aging @ OSB 9:00-10:00 Changing Aging @ OSB 10:00-11:00 Changing Aging @ OSB		8:00-9:00 Changing Aging @ OSB 9:00-10:00 Changing Aging @ OSB 10:00-11:00 Changing Aging @ OSB		8:00-9:00 Changing Aging @ OSB 9:00-10:00 Changing Aging @ OSB
1:00-2:00 FAME*	1:00-2:00 Brain Wellness Program*	1:00-2:00 FAME*	1:00-2:00 Brain Wellness Program*	
2:00-3:00 FAME*	2:00-3:00 Brain Wellness Program*	2:00-3:00 FAME*	2:00-3:00 Brain Wellness Program*	
No Class Feb 19 & Apr 1				No Class Mar 29

COMMUNITY CENTRES - OFFSITE PROGRAMS

2024 Winter Term: Monday January 15, 2024 - Sunday April 7, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 Changing Aging @ DCC 10:00-11:00 Changing Aging @ DCC	8:00-9:00 Changing Aging @ KCC* 9:00-10:00 Changing Aging @ KCC* 10:00-11:00 Changing Aging @ KCC* 11:00-12:00 Changing Aging @ KCC*		9:00-10:00 Changing Aging @ DCC 10:00-11:00 Changing Aging @ DCC	8:00-9:00 Changing Aging @ KCC* 9:00-10:00 Changing Aging @ KCC* 10:00-11:00 Changing Aging @ KCC* 11:00-12:00 Changing Aging @ KCC*
No Class Feb 19 & Apr 1				

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, 1 day/week

\$130 (13 classes) Monday

** Last day of class, April 22*

\$150 (15 classes) Wednesday

** Last day of class, April 24*

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 day/week

\$150 (15 classes) Tuesday

** Last day of class, April 23*

\$150 (15 classes) Thursday

** Last day of class, April 25*

If you are interested in
registering, please scan
here to fill out our waitlist
and we will contact you
when space is available.

