


## 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/faq](https://kin.ubc.ca/body-works/faq)



THE UNIVERSITY OF BRITISH COLUMBIA  
School of Kinesiology

# UBC BODYWORKS

## WINTER 2024

### Semi-Private Training



604-822-0207



[kin.ubc.ca/body-works](https://kin.ubc.ca/body-works)



[kin.outreach@ubc.ca](mailto: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.

## EXERCISE PROGRAMS

### 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. Modifications are provided to accommodate different abilities and limitations.

### Community Fit

This functional training class is aimed at adults and can accommodate a range of fitness levels. The class consists of muscle- and bone-strengthening exercises using bodyweight, resistance machines and free weights followed by high intensity intervals of aerobic exercise.



[kin.ubc.ca/body-works/exerciseprograms](https://kin.ubc.ca/body-works/exerciseprograms)





## SEMI-PRIVATE TRAINING

This 18+ program is designed to maximize coaching, personalize your training and increase your rate of improvement without the cost of personal training. After undergoing a semi-private fitness assessment, they book two to three sessions per week in the BodyWorks gym. Then with guidance from a BodyWorks trainer. These sessions can be attended by up to three semi private training clients per BodyWorks trainer.

Clients can coordinate with friends or family members in order to book partner workouts. Please inquire with BodyWorks registration staff if you are interested in booking a small group training session with greater than 3 participants.

### PACKAGES

Packages are bundled into 8 or 12 sessions spread over four to six weeks in order to maximize progress towards the client's goals.

1 hour, 8 sessions

\$320

1 hour, 12 sessions

\$480

Visit our website for more information:

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

## OSBORNE CENTRE - SEMI-PRIVATE TRAINING SESSIONS

2024 Winter Term: Monday February 23, 2024 - Monday April 15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>8:30-9:30 AM</b> Semi-Private Training				
<b>1:00-2:00 PM</b> Semi-Private Training	<b>1:00-2:00 PM</b> Semi-Private Training			<b>12:00-1:00 PM</b> Semi-Private Training	<b>11:00-12:00 PM</b> Semi-Private Training
<b>5:00-6:00 PM</b> Semi-Private Training <b>6:00-7:00 PM</b> Semi-Private Training		<b>5:00-6:00 PM</b> Semi-Private Training <b>6:00-7:00 PM</b> Semi-Private Training		<b>5:00-6:00 PM</b> Semi-Private Training	
<b>No Class</b> <b>Feb 19 &amp; Apr 1</b>				<b>No Class</b> <b>Mar 29</b>	<b>No Class</b> <b>Feb 17 &amp; Mar 30</b>

## FITNESS ASSESSMENTS

2024 Winter Term: Monday February 23, 2024 - Monday April 15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>2:15-4:00 PM</b> Semi-Private Fitness Assessment			<b>1:15-3:00 PM</b> Semi-Private Fitness Assessment <b>3:15-5:00 PM</b> Semi-Private Fitness Assessment	<b>9:15-11:00 AM</b> Semi-Private Fitness Assessment
<b>7:15-9:00 PM</b> Semi-Private Fitness Assessment					
<b>No Assessments</b> <b>Feb 19 &amp; Apr 1</b>				<b>No Assessments</b> <b>Mar 29</b>	<b>No Assessments</b> <b>Feb 17 &amp; Mar 30</b>

## FITNESS ASSESSMENTS

An initial Fitness Assessment is required prior to joining the program, and is required to be completed every 16 weeks.

Fitness assessments for semi-private training take place one-on-one with a certified personal trainer in the Osborne Center at UBC. You will arrive and meet your trainer and discuss your exercise history, and health and exercise goals. The trainer will then take your vitals and measure your anthropometrics. Next you will complete assessments of cardiovascular and musculoskeletal fitness. The trainer will discuss your results with you and then walk you through your individualized exercise program tailored to your goals and fitness level, giving you an opportunity to try each exercise and switch out exercises to suit your needs and preferences.

### 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.

To register for the program, call us at 604-822-0207.