

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. The Fitness Assessment is required to be completed every 4 to 12 months pending program. Visit our website for more information:



kin.ubc.ca/body-works



THE UNIVERSITY OF BRITISH COLUMBIA
School of Kinesiology

UBC BODYWORKS

SPRING 2024



604-822-0207



kin.ubc.ca/body-works



kin.outreach@ubc.ca



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

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.

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



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 (CA)

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.

UBC Osborne Centre (OSB)
To register, call 604-822-0207
1 hour, 2 days/week
\$225 (15 classes)

1 hour, 1 day/week
\$120 (8 classes) Friday
Dunbar Community Centre (DCC)
To register, call 604-822-6060
1 hour, 2 days/week
\$225 (15 classes)

Kerrisdale Community Centre (KeCC)
To register, call 604-257-8100
1 hour, 2 days/week
\$240 (16 classes)

Sunset Community Centre (SCC)
To register, call 604-718-6505
1 hour, 1 days/week
\$120 (8 classes)

COMMUNITY FIT

This functional training class is aimed at adults and can accomodate 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 aerobics exercise.

UBC Osborne Centre
1 hour, 1 day/week
\$90 (6 classes)

OSBORNE CENTRE - ONSITE PROGRAMS
2024 Spring Term: Monday April 29, 2024 - Friday June 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 CA @ OSB 9:00-10:00 CA @ OSB 10:00-11:00 CA @ OSB		8:00-9:00 CA @ OSB 9:00-10:00 CA @ OSB 10:00-11:00 CA @ OSB		8:00-9:00 CA @ OSB 9:00-10:00 CA @ OSB 10:00-11:00 CA @ OSB
1:00-2:00 FAME* 2:00-3:00 FAME*	1:00-2:00 BWP* 2:00-3:00 BWP*	1:00-2:00 FAME* 2:00-3:00 FAME*	1:00-2:00 BWP* 2:00-3:00 BWP*	
No Class May 20	5:00-6:00 Community Fit		5:15-6:15 Community Fit 6:15-7:15 Community Fit	

COMMUNITY CENTRES - OFFSITE PROGRAMS
2024 Spring Term: Monday April 29, 2024 - Friday June 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00 CA @ DCC 10:00-11:00 CA @ DCC	8:00-9:00 CA @ KeCC* 9:00-10:00 CA @ KeCC* 10:00-11:00 CA @ KeCC* 11:00-12:00 CA @ KeCC*		9:00-10:00 CA @ DCC 10:00-11:00 CA @ DCC	8:00-9:00 CA @ KeCC* 9:00-10:00 CA @ KeCC* 10:00-11:00 CA @ KeCC* 11:00-12:00 CA @ KeCC*
No Class May 20				9:30-10:30 CA @ SCC

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
\$60 (6 classes) Monday
* Last day of class, June 24
\$70 (7 classes) Wednesday
* Last day of class, June 26

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 (BWP) 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
\$70 (7 classes) Tuesday
* Last day of class, June 25
\$70 (7 classes) Thursday
* Last day of class, June 27

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

