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.
### 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**
- **$368 (23 classes) Monday & Wednesday**
- **$208 (13 classes) Friday**

#### Dunbar Community Centre (DCC)
- **To register, call 604-222-6060**
- **1 hour, 2 days/week**
- **$368 (23 classes) Monday & Thursday**

#### Kerrisdale Community Centre (KeCC)
- **To register, call 604-257-8100**
- **1 hour, 2 days/week**
- **$400 (25 classes) Tuesday & Friday**

#### Kitsilano Community Centre (KiCC)
- **To register, call 604-257-6976**
- **1 hour, 2 days/week**
- **$368 (23 classes) Monday & Wednesday**

#### Sunset Community Centre (SCC)
- **To register, call 604-718-6505**
- **1 hour, 2 days/week**
- **$368 (23 classes) Tuesday & Friday**

#### 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**
- **$120 (12 classes) Monday**
- **$150 (15 classes) Wednesday**

**COMMUNITY FIT (CFit)**

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 aerobics exercise.

#### UBC Osborne Centre
- **1 hour, 1 day/week**
- **$195 (13 classes)**

### OSBORNE CENTRE - ONSITE PROGRAMS

**2024 Fall Term: Monday September 9, 2024 - Friday December 6, 2024**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8:00-9:00</td>
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<td>FAME*</td>
<td>1:00-2:00</td>
<td>BWP*</td>
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<tr>
<td>2:00-3:00</td>
<td>FAME*</td>
<td>2:00-3:00</td>
<td>BWP*</td>
<td>2:00-3:00</td>
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<td>5:15-6:15</td>
<td>CFit @ OSB</td>
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</tbody>
</table>

- **No Class Sept 30, Oct 14, Nov 11**

### COMMUNITY CENTRES - OFFSITE PROGRAMS

**2024 Fall Term: Monday September 9, 2024 - Friday December 6, 2024**

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td>9:00-10:00</td>
<td>CA @ DCC</td>
<td>9:30-10:30</td>
<td>CA @ SCC</td>
<td>7:30-8:30</td>
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<td>CA @ KeCC</td>
<td>9:30-10:30</td>
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</tbody>
</table>

- **No Class Sept 30, Oct 14, Nov 11**

### 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**
- **$150 (15 classes) Tuesday**
- **$150 (15 classes) Thursday**

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