

Off Campus Discounts

UBC Staff & Faculty Health, Fitness & Family Discounts

October 2015 Update

A wide range of Health, Fitness and Family discounts both on and off campus are available to UBC staff and faculty

All-City Athletics

Based at 527 West 8th Ave in Vancouver, All-City Athletics (ACA) with their non-contact boxing inspired fitness classes, offers UBC staff and faculty one free class at their studio.

Body and Soul Health and Fitness

Body and Soul Health and Fitness offer an ongoing corporate rate for a variety of services, including personal training and yoga.

Bikram Yoga Vancouver

Bikram Yoga Vancouver offers UBC staff and faculty one free yoga class. Also known as 'Hot Yoga', Bikram Yoga uses heat and sequenced postures to stretch and strengthen the body and to work the organs, glands, and nervous system in a systematic way.

Club 16 Trevor Linden Fitness & She's Fit!

UBC employees receive a discount of 50% on the enrollment fee and a \$5 discounted monthly membership at all Club 16 Trevor Linden Fitness & She's Fit!

CrossFit North Vancouver

CrossFit North Vancouver would like to extend a discount to staff and faculty at UBC to help them get started and maintain a healthy lifestyle. When starting with CFNV they will discount the Foundations Program by 40% which is a savings of \$200 and once finished the Foundations program they are happy to offer \$50 off their monthly membership rates.

CrossFit West10

CrossFit West10 (located at 3754 West 10 Ave, about 100 meters away from the 99 B-line stop on Alma) offers UBC staff and faculty \$100 off their CrossFit 101 and 15% off our membership. CrossFit 101 is a 5 session “on-ramp” program to teach the basics of CrossFit and is a requirement for membership. The total regular cost for the 5 sessions is \$300 plus tax. They also offer \$60 off personalised 1 on 1 CrossFit 101.

Dailey Method (Vancouver)

The Dailey Method (Vancouver) offers faculty and staff a 15% discount on all regularly priced passes.

Curves Women’s Gym and Fitness Centre West Point Grey

Curves West Point Grey, located just off of 10th Ave. offers faculty and staff a free week at their club. Additionally UBC Staff & Faculty may take 50% off the service fee.

Float House Vancouver

Floating is a practice that has many applications such as stress management, chronic pain management, and meditation. Float House is pleased to extend a special 25% off their first float to all UBC staff and faculty members towards their service of flotation therapy in either of their 2 Vancouver locations!

Gold’s Gym University Marketplace

Gold’s Gym University Market Place is offering UBC staff and faculty staff a corporate rate on our one year term. Enjoy a full access membership for as little as \$18.99 bi weekly! Register for a complimentary 3-Day Pass to check out the gym before you decide. Your membership at Gold’s Gym includes a 60 minute personal trainer orientation, VIP for friends/family, any-time access to all specialty classes (Including YOGA, Group Power, Group Ride, Group Centergy, Group Blast, Group Core, ZUMBA, and Spinning).

Home to Home Eldercare

Home to Home is care planning, care management and transition assistance business based in Vancouver, B.C. They offer services to help seniors plan out their senior living options and facilitate lifestyle changes. Their mission is to enable smooth transitions by offering expert and personal guidance in navigating the healthcare system and facilitating solutions as lifestyle changes occur. Home to Home offer UBC Staff and Faculty a 1.5 hour complimentary initial consultation.

Hot Box Yoga

Located in Wesbrook Village Hot Box Yoga is a modern yoga and wellness environment offering affordable prices and accessible yoga for everybody. Classes include Baptiste Power, 50/50, Hipster, Lunchbox, JOGA, Freestyle' and Detox. UBC staff and faculty, and non-UBC Hospital staff can avail of one free class with their UBC ID or a copy of their payslip.

iDance Vancouver

iDance Studios, located at 119 West Broadway in Vancouver, offer UBC staff and Faculty an exclusive 10% off 10 and 20 class cards, or the option of 25% off of our Monthly Membership with proof of current payment.

Life Chiropractic Health and Wellness

Life Chiropractic Health and Wellness offers the very best in Chiropractic, Massage, Acupuncture, Nutrition and Spinal Decompression. As a UBC staff, Hospital Staff or Faculty Member, you will receive 10% off your initial visit with any of their practitioners.

Moksha Yoga Vancouver

Moksha Yoga Vancouver offers a one month discounted introductory pass. Regularly \$60, UBC staff, faculty and associated staff can enjoy their introductory month of unlimited classes for only \$30.

Moksha Yoga Burnaby

Moksha Yoga Burnaby offers all UBC staff and Faculty a \$30 intro month, as well as 20% off any other pass options they offer.

Thara Vayali – Naturopathic Doctor

Dr. Thara Vayali, ND is a licensed naturopathic physician and experienced yoga teacher. She views healthcare as team work and works to be your advocate and resource. Her clinical foci are digestive health, hormonal balance, immune function and postural rehabilitation. To increase accessibility and promote long-term healthcare relationships, she is happy to offer a 5% discount on all pay-per-visit consultations.

Pure Vibe Fitness

Pure Vibe Fitness Studio (2693 W. Broadway, V6K 2G2, Vancouver, BC) delivers exceptional training, customer service and value and is offering an additional 20% for all first time UBC Faculty, Staff and Hospital Staff.

Richmond Olympic Oval

The Richmond Olympic Oval offers UBC Staff/Faculty and Non UBC Hospital one free day pass to their facilities upon presentation of their UBC ID or pay stub - they also offer various monthly, yearly and family corporate discount options starting 15% and more. Richmond Olympic Oval has a team building brochure with a range of their offerings at discounted pricing available to UBC – Options range from climbing wall. Indoor Rowing Tank or court based activities to wellness challenges, skating etc.

Parking – Vancouver Airport

UBC has 2 parking discount programs at the Vancouver International Airport. The Park’N Fly facility at the Vancouver International Airport offers UBC faculty and staff a 25% discount off regular rates .YVR offers UBC faculty and staff a free Corporate Parking Pass program that provides a 30% discount off all regular rates for all four parking facilities at YVR.

Rogers Phone Plan

The latest flyer for UBC’s Phone Plan with Rogers is available at www.hr.ubc.ca/health

Sea to Sky SUP, Yoga & Fitness

Sea to Sky SUP Yoga & Fitness offers UBC staff and faculty a corporate discount of 10% off on a personal training package (2 sessions), and Stand Up Paddleboard (SUP) rentals from North Vancouver, as well as on SUP, SUP Yoga, SUP Fitness and SUP Cultural Tours from Belcarra Regional Park and North Vancouver.

Visit seatoskyfit.com for more information, or contact nikkijb@seatoskyfit.com.

Sunberry Fitness Richmond

Sunberry Fitness is a Women's Only Dance & Fitness Studio in Richmond where most classes are taught by professional dancers. It was voted Best Fitness Facility with Best Instructor in 2014.

Sunberry Fitness offers UBC Staff, faculty & non-UBC hospital staff a 10% discount on your first purchase of all regularly priced membership (not including Introductory Pass).

Telus Phone Plan

Telus has three store locations and a dedicated corporate sales department to serve UBC for all its wireless communication requirements.

The Exercise Movement

Founded by Teri Fisher, a Sport & Exercise Physician, Assistant Clinical Professor, Teacher, and Team Beachbody Coach – The Exercise Movement – is an online community designed to help you to get active fit and healthy.

The PNE

The Pacific National Exhibition is one of UBC's staff and faculty corporate discount partners offering discounts on online purchases for individual and groups. Instructions • Go to www.pne.ca/groupsales • Select the event of your choice • Enter your Unique UBC Online Ticket Program code – as93yy7d • Follow purchase instructions • Print tickets at your own computer, or select to have them sent to your smartphone

Important Notice: The access code provided is intended ONLY for use by members/employees of UBC – Unauthorized use may result in the cancellation of the code.

Urban Fitness Club

The Urban Fitness Club is offering yearly unlimited full memberships for \$100 +tax/month). UBC staff and faculty can also enjoy a 15% discount on all 10/20/monthly class passes

Vancouver Board of Parks and Recreation

UBC staff and faculty are entitled to a 25% discount on Park Board flexipasses. The Park Board flexipass is good at all city-run swimming pools, ice rinks and 13 different fitness centres. The Park Board flexipass is good at Park Board Fitness Centres, but not Association-run Fitness Centres. There are 25 fitness facilities in located in Community Centres, but only 14 of these fitness centres are run by the Park Board.

West Coast Hot Yoga

West Coast Hot Yoga have offered one Free Yoga class to try and an exclusive UBC Staff & Faculty rate of \$49+tax per month for unlimited Hot Yoga at their studios.

West Vancouver Community Centre

Although UBC does not have a unique corporate discounted rate we feel that West Vancouver Community Centre's 10 Visit FitPass is extremely competitively priced. The FitPass provides admission to aquatics, health and fitness, weight rooms (including Gleneagles), and skating.

YMCA

UBC has a corporate pass at the Robert Lee YMCA which gives a 10% discount to Adult members (ages 36-64) and Plus members (includes additional services, such as towel service, private steamroom and whirlpool). Monthly rates for a UBC corporate rate are \$52.52 for adults, \$78.30 for Plus members.

YWCA Health + Fitness Centre

UBC Employees receive the best corporate rate at the YWCA Health and Fitness Centre located in downtown Vancouver. Membership is all-inclusive. Only \$58/month.

YYoga

UBC faculty and staff receive specific discounts at YYoga studios around the Lower Mainland. To redeem these discounts please print the redemption form YYoga 2015 and follow the guidelines.

Zipcar

Zipcar offers international access to a diverse fleet of vehicle types at a moment's notice! UBC employees enjoy a \$30 yearly membership (reg \$90) and discounted Zipcar4Business driving rates during the week.

For more information visit www.hr.ubc.ca/health

Disclaimer:

UBC does not endorse external service providers – these listings are for informational purposes only.