

UBC Staff & Faculty Health, Fitness & Family Discounts

Jan 2015 Update

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

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. Use the pass to attend a free class at one of their 3 Vancouver studio locations.

Beaty Biodiversity Museum

Explore UBC's spectacular biological collections through exhibits and programs. More than two million specimens of plants, marine invertebrates, insects, fish, vertebrates, fungi, and fossils showcase the stunning natural history of British Columbia and beyond. The Beaty is also home to the largest blue whale skeleton on display in Canada. UBC faculty, staff and students with ID are free.

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. For more details on the corporate rate offered to UBC staff and faculty

Chan Centre for the Performing Arts

UBC Staff and Faculty members receive a 10% discount on all Chan Centre Presents series performances. Located at 6265 Crescent Road on the UBC Point Grey Campus, the Chan Centre for the Performing Arts has earned an international reputation for its striking design and stellar acoustics. Artists, critics and patrons alike are unanimous in their praise of this multi-faceted facility, winning it a place among North America's premier performing arts centres.

City of Burnaby

Although UBC does not have a unique corporate discounted rate we feel that the City of Burnaby's B Active Pass is extremely competitively priced. Enjoy unlimited access to more than 70 fitness classes per week at 5 locations, 65 Aquafit classes per week at 4 indoor pools, 20 indoor cycling classes per week, public swimming in 4 indoor pools and 4 outdoor pools during the summer months; and much more all for lean low fees.

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! – Click here for more information

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. Discounted rates are available to faculty and staff with their UBC card.

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 (regular price is \$360 plus tax)

Dailey Method (Vancouver)

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

Gold's Gym-UBC

Gold's Gym University Market Place has an exclusive offer to UBC staff and faculty: \$9/week for a full-access month-to-month membership. No contract necessary. Register for a complimentary 3-Day Pass to check out the gym before you decide. Your membership at Gold's Gym includes any-time access to all specialty classes (Including YOGA, Group Power, Group Ride, Group Centurgy, Group Blast, Group Core, ZUMBA, and Spinning).

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.

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.

Morris and Helen Belkin Art Gallery

Since 1995, the Morris and Helen Belkin Art Gallery has developed a program of collecting significant works by Canadian and international artists and is the recipient of numerous annual donations of artwork. The Collection contains more than 2,500 objects, making it the third largest public art collection in the province. Admission is free.

Pacific Museum of the Earth

Across the street from the Beaty Biodiversity Museum at UBC's Point Grey campus, the Pacific Museum of the Earth displays rocks and minerals, fossils, a seismograph, tornado machine, and exhibits relating to ocean and atmospheric sciences. Also on display is a skeleton of the dinosaur *Lambeosaurus* – over 80 million years old!

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.

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.

Sunberry Fitness Richmond

Voted Best womens only Fitness Facility with Best Instructor in Richmond 2014. Sunberry Fitness offers UBC Staff, faculty & non-UBC hospital staff a special introductory price – \$25 to try 3 weeks of unlimited classes including Zumba, Salsa Fitness, Hip Hop Fitness and more. And receive a special discount on your first purchase of all regularly priced membership

The Exercise Movement

The Exercise Movement is an online community designed to help you to get active fit and healthy. For more information and to check out exclusive UBC offers click [here](#)

The Old Barn Community Centre

The Old Barn Community Centre is committed to supporting a healthy diverse and sustainable community for residents of the UBC Campus. A 10% discount is also available for UBC staff + faculty with a valid ID for their programs, which includes yoga + fitness classes, a fitness centre arts, sports, community clubs, language classes and much more

The PNE

The Pacific National Exhibition is one of UBCs staff and faculty corporate discount partners offering discounts on online purchases for individual and groups.

UBC Aquatic Centre

The UBC Aquatic Centre includes an indoor public pool facility as well as a gym and steamroom. UBC employees get \$0.25 off general admission.

UBC Botanical and Nitobe Gardens

Did you know that it is currently FREE for UBC Staff and Faculty to visit the UBC Botanical Gardens or The Nitobe Memorial Gardens?

UBC Food Services

Save 5% off food and non-alcoholic beverages at UBC Food Service locations when you pay with your pre-loaded UBC Card.

UBC Museum of Anthropology

MOA is a place of extraordinary architectural beauty, provocative programming, and exciting exhibitions. UBC Staff and Faculty can visit free when you show your UBC Card.

UBC Student Recreation Centre and BirdCoop Fitness Centre

The largest fitness facility on Point Grey campus is the Student Recreation Centre (SRC). The BirdCoop Fitness Centre located within the SRC offers UBC staff and faculty discounts for memberships, personal training, boot camps, fitness classes and workshops. Membership includes access to the fitness centre, climbing cave, be fit and cycle fit classes. Boot camps, group personal training, fitness classes, dance, yoga, pilates and martial arts are offered at the Student Recreation Centre and or Ponderosa Commons studios on campus. There is also a variety of outdoor activities and sport instruction. Departments are offered a special staff and faculty rate to have many of above classes, workshops, fitness assessments and personal training programs to come to their area campus for a private class or program for their employees.

UBC Theatre

UBC Staff and Faculty receive 2 for 1 admission to most UBC Theatre season productions.

UBC BodyWorks Fitness Centre

The UBC BodyWorks Fitness Centre has memberships from as low as \$35/month plus a 10% discount for UBC staff and faculty.

Urban Fitness Club

The Urban Fitness Club is offering yearly unlimited full memberships (2 locations) for \$100 +tax/month). UBC staff and faculty can also enjoy a 15% discount on all 10/20/monthly class passes. Not sure, try a 2 week unlimited pass for \$30!

University Golf Club

UBC staff and faculty can enjoy discounted rates on golf as well as power cart and club rentals before 9 am Monday-Friday at the University Golf Club. Present your UBC employee ID card and also receive a 5% discount at the driving range.

Vancouver Board of Parks and Recreation

UBC staff and faculty are entitled to a 25% discount on Park Board flexi passes.

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.

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.

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 2014 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

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Disclaimer:

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