



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

School of Kinesiology

MISSION

To deliver unprecedented programs and services for adults across the age-span to live with vitality and a thriving quality of life through the development of fitness and an improvement of health by preventing injury, illness and disease.

UBC BodyWorks

Home of the Changing Aging Program

Fall 2013



REGISTRATION OFFICE HOURS

Monday - Friday
8:30 am to 4:30 pm

FITNESS CENTRE HOURS

Monday-Friday
6:30 am to 8:00 pm
Saturday 8 am- 6 pm
Sunday 10 am-4 pm

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

Phone: 604-822-0207

Fax: 604-822-8998

Email: kin.outreach@ubc.ca

Twitter: www.twitter.com/UBCKin

(604) 822-0207

kin.outreach@ubc.ca

Website: kin.educ.ubc.ca/bodyworks

Twitter: www.twitter.com/UBCKin

UBC BodyWorks

UBC BodyWorks is UBC's only evidenced-based practice, adult-only fitness centre.

In a non-competitive, supportive environment, UBC staff, faculty and the public find health and fitness in our programs.

Designed and run by the School of Kinesiology, UBC BodyWorks members enjoy an inspiring, supportive community promoting health for every body and ability.

UBC BodyWorks is a community engagement and student development program of the School of Kinesiology, offering employment, professional development and volunteer opportunities for undergraduate, graduate and alumni of the School of Kinesiology.



MEMBERSHIPS

Includes general access to the Fitness Centre. UBC staff and faculty receive a 10% discount on the 12 month Basic pass.

Basic—Includes one fitness assessment and one personal training session.

4 month pass: \$50/month (\$200 total)

8 month pass: \$45/month (\$360 total)

12 month pass: \$35/month (\$415 total)

Premium—Includes regular sessions with a Personal Trainer and 1 on 1 assistance with a trained volunteer.

4 month pass (3 PT): \$95/month (\$375 ttl)

8 month pass (6 PT): \$80/month (\$630 ttl)

12 month pass (10 PT): \$75/month (\$890 ttl)

PUNCH PASSES

Basic

10 visits: \$7.50/visit

20 visits: \$7/visit

Premium

Includes 3 Personal Training sessions and 1 on 1 assistance with a trained volunteer.

20 visits: \$15.50/visit

DROP IN

\$10/visit

Drop in rates include access to Community Fit classes on a first come/first served basis.

Prices do not include applicable taxes.

FITNESS CLASSES & PROGRAMS

COMMUNITY FIT

CFIT 1—Tues/Thurs 7-7:45am (28 classes)
 CFIT 2—Mon/Thur 12-12:45pm (26 classes)
 CFIT 3—Mon/Thur 5:15-6:00pm (26 classes)

This quick class twice a week builds posture and back strength, and functional conditioning to ensure your body stays flexible, fit & strong. *Additional spin classes are available upon request for an additional fee.

\$130-140 per term



CHANGING AGING

CA 1—Mon/Wed/Fri 8:00-8:50 am
 CA 2—Mon/Wed/Fri 9:00-9:50 am
 CA 3—Tues/Thurs/Sat 8:00-8:50 am

This evidence-based program for members aged 65+ focuses on functional strength, flexibility and cardiovascular health for the older adult. Changing Aging members often find friendship amongst the spinning, stretching and functional movement in class. This program includes weekly blood pressure monitoring, and pre/post personal training consultations. A Physician's clearance is required for entry. (Visit website for forms.)
\$220 per term (40 classes)

Fall Session: September 9—December 14, 2013

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|-----------------------------|
| 7:00-7:45 am SPIN 1 | | 7:00-7:45 am SPIN 1 | | 7:00-7:45am SPIN 1 | | Private Bookings available. |
| 7:00-7:45 am *SPIN | 7:00-7:45 am CFIT 1 (Posture/Back) | | 7:00-7:45 am CFIT 1 (Functional) | | | |
| 8:00-8:50 Fit Over 50 - 1 (Spin/Func) | | 8:00-8:50 am Fit Over 50 - 1 (Func) | | 8:00-8:50 FitOver50-1 (Spin/Stretch) | | |
| 8:00-8:50 am Changing Aging - 1 (Func/Spin) | 8:00-8:50 am Changing Aging - 3 (Func/Spin) | 8:00-8:50 am Changing Aging - 1 (Spin/Stretch) | 8:00-8:50 Changing Aging - 3 (Functional) | 8:00-8:50 Changing Aging - 1 (Func) | 8:00-8:50 Changing Aging - 3 (Spin/Stretch) | |
| 9:00- 9:50 am Changing Aging - 2 (Func/Spin) | 9:00-9:50 am Fit Over 50 - 2 (Func/Spin) | 9:00- 9:50 am Changing Aging - 2 (Functional) | 9:00-9:50 am FitOver50 - 2 (Spin/Stretch) | 9:00- 9:50 Changing Aging - 2 (Spin/Stretch) | 9:00-9:50 FitOver50-2 (Functional) | |
| 12:00-12:45 pm CFIT 2 (Functional) | 12:00-12:40pm *SPIN | | 12:00- 12:45 CFIT 2 (Posture/Back) | | | |
| 5:15-6:00 pm CFIT 3 (Functional) | 5:15-6:00 pm *SPIN | | 5:15-6:00 CFIT 3 (Posture/Back) | | | |
| 5:30-6:15 pm SPIN 2 | | 5:30-6:15 pm SPIN 2 | | | | |

* Additional spin classes are available upon request for an additional fee.

Prices do not include applicable taxes. Please note: There will be no classes October 12-14 or November 9-11.

FIT OVER 50

Fit Over 50—1: Mon/Wed/Fri 8:00-8:50am
 Fit Over 50—2:Tues/Thurs/Sat 9:00-9:50am

Fit Over 50 is for baby boomers looking to maintain their health, strength and flexibility. Focused on injury and illness prevention, a combination of weekly blood pressure monitoring, pre/post personal training consultations, and exercise including spin classes, stretching and functional movement, this program will help you maintain & find fitness in your fifties and beyond.

\$260 per term (40 classes)

SPIN

SPIN 1—Mon/Wed/Fri 7:00-7:45 am
\$240/term (40 classes)
 SPIN 2—Mon/Wed 5:30- 6:15 pm
\$156/term (26 classes)

Join us for 45 minutes focused on improving your strength & cardio. *Additional spin classes are available upon request for an additional fee.

PERSONAL TRAINING

Our certified Personal Trainers offer fitness assessments and individualized programs to help you meet your fitness goals. Certified Senior PT's are our leaders: they have over one year of experience & additional certifications/training.

**Introductory Package of 3 Sessions:
 \$35 each (\$45 each for Senior PT)**

1 Session—\$52 (\$67 for Senior PT)
 5 Sessions—\$41 each (\$56 each for Senior PT)
 10 Sessions—\$39 each (\$54 each for Senior PT)