

UBC Staff & Faculty Health, Fitness & Family Discounts – Nov 2014 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.

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.

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.

Dailey Method (Vancouver)

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

Gold's Gym-UBC

UBC staff and faculty can enjoy 1 year and 2 year memberships at significantly reduced prices at Gold's Gym. All UBC Staff and Faculty are also entitled to a free 5-day VIP all access pass (\$60 value) to the gym which includes access to our specialty classes at no additional charge (Including YOGA, Group Power, Group Ride, Group Century, Group Blast, Group Core, ZUMBA, and Spinning) all led by certified instructors.

Hot Box Yoga

Located in Westbrook 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.

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.

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

Sunberry Fitness offers UBC Staff, faculty and associated staff a FREE 1-week trial pass. With this pass, you can try all classes at Sunberry Fitness including the most popular Salsa Fitness and K-Pop Fitness. After the trial pass ends, receive a 10% discount on all regularly priced membership pass.

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. For more information and to check out exclusive UBC offers click [here](#)

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 outdoor and indoor public pool facility as well as a gym, sauna and steamroom. UBC employees get \$0.25 off general admission.

UBC BirdCoop Fitness Centre

BirdCoop Fitness Centre offers UBC staff and faculty a membership discount. Membership includes access to the fitness centre, climbing cave, get fit and cycle fit class

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 for UBC employees as low as \$22/month.

Urban Fitness Club

The Urban Fitness Club is offering yearly unlimited memberships to 1 location for \$60 + GST per month (first year rate) or to 2 locations for \$100 +tax/month UBC staff and faculty can also enjoy a 20% discount on all 10/20/monthly class passes and 10 TRX/Pole Dance Pass .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.