



## HEALTHY WORKPLACE INITIATIVE FUND PROGRAM

# YOGA/FITNESS CLASSES

## THE BENEFITS OF WORKPLACE YOGA/FITNESS CLASSES

### YOUR ROLE

By implementing yoga or fitness classes you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

- Yoga programs directed by experienced trainers conducted at the worksite have been shown to improve anxiety among workers[1]
- Workplace based 12-24 week yoga programs show positive impacts on both mental and physical health factors
- These impacts include reductions in perceived personal stress and lower back pain and improvements in sleep quality, focus, and energy

### KEY CONTACTS

[UBC Department of Athletics & Recreation](#)  
Movement Breaks where you can book a  
[MOVE U Crew in Vancouver](#)

[UBC Recreation Okanagan](#)

# Running your Yoga/Fitness Initiative



- Survey potential participants to determine the best time of day/week for classes to maximize participation
- Consider offering classes at different times to accommodate a variety of schedules
- **Contact UBC Recreation with a copy of your approval email.**
- Refer to the Inclusive Physical Activity Toolkit- designed to support Inclusive Physical Activity across both UBC Vancouver and UBC Okanagan campuses
- A facilitator for yoga/fitness programs from an organization/individual other than UBC must receive prior approval from UBC HR

## Suggested options for implementation

- Two 12-session programs, with one class per week
- One 24-session program, with one class per week
- One 12-week program, with two classes per week
- Optional Drop-in or Registration fee options:
  - Drop-in of \$5 per class
  - Registration fee of \$50 per person for a 12-week session
- All fees collected are for use towards the maintenance and sustainability of the program

## HOW THE FUNDS BE CAN USED

### Funds can be used for:

- Instructor fees (excluding insurance and professional fees) from UBC Recreation
- Room rental fees
- Promotional material (to not exceed \$100)
- Small equipment purchases (e.g. yoga mats, weights, resistance bands- to not exceed \$500) \*
- Health and wellbeing apps (to not exceed \$500)
- Transportation/mileage (to not exceed \$200)

### Funds cannot be used for:

- Hiring of faculty/staff as instructors, to coordinate or support the program
- reimbursement of private insurance or professional fees for external facilitators
- items that fall within the responsibility of the department to provide
- the purchase of stereo or electronic equipment
- Individual monetary reimbursements for gym memberships/fitness classes/entry fees
- The purchase of gift cards or certificates of any denomination
- Charitable donations



## UBC RECREATION INSTRUCTOR INFORMATION

UBC Recreation (UBC Rec) provides virtual and in-person classes in their or your department's spaces. All UBC Recreation instructors are certified and covered by UBC Recreation's insurance. Waivers, attendance sheets, and online registration options are provided.

UBC Rec will provide an instructor to facilitate any class at an agreed-upon rate, payable by journal voucher (JV) transfer. UBC Rec is responsible for the instructor and waivers to ensure liability coverage. The instructor is paid through UBC Rec.

- UBC Rec can also provide a registration link to allow participants to register at no cost enabling easier administration and a UBC Recontact person for questions.
- UBC Rec can provide two levels of instructors:
  - Instructors, who are currently instructing for UBC Rec, are considered employees of the University and are in good standing.
  - Instructors currently on contract with UBC Rec to instruct their programming and those in good standing.

Possible Yoga/fitness classes:

- boot Camps (Beginner, HIIT, Strength, Cardio)
- Yoga (Hatha, Flow, Yin, Power)
- mobility/Stretching/Office Yoga classes
- Spin Classes (Endurance, Power, Express)

Niche Classes

- pilates
- Barre Fitness
- Zumba or Latin Funk Dance
- Common Dance Classes (Hip Hop, K-Pop, Burlesque)
- Kickboxing (Martial Arts focus or cardio focus)