

BirdCoop

Fitness Centre

BirdCoop Fitness Centre

6000 Student Union Blvd
Vancouver, BC V6T 1Z1
Located in the UBC Student Recreation Centre

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www.birdcoop.ubc.ca

The BirdCoop is one of the best equipped fitness centres in Vancouver.

SPRING & SUMMER HOURS

APR 25 - SEP 4, 2011

MON - THU 6:30AM - 8:30PM

FRI 6:30AM - 6:30PM

SAT 10:00AM - 5:00PM

SUN 12:00 - 5:00PM

STAT HOLIDAYS 12:00 - 5:00PM

Please note: There are no classes on stat holidays & Sundays. Check our website or club for current hours. Subject to reduced hours and changes in classes.

STUDENT MEMBERSHIP PACKAGES

Gold	Silver	Bronze
1 Term Membership 1 Term Get Fit/Cycle Fit Flex Pass 1 Personal Training Session	1 Term Membership 1 Term Get Fit/Cycle Fit Flex Pass	1 Term Membership 1 Personal Training Session
\$131	\$84	\$72

STAFF AND PUBLIC MEMBERSHIP PACKAGES

Gold	Silver	Bronze
8 month Membership 8 Personal Training Sessions	3 month Membership 3 Personal Training Sessions	1 Month Membership 1 Personal Training Session
Staff: \$664 / Public: \$688	Staff: \$267 / Public: \$288	Staff: \$92 / Public: \$100

STUDENT MEMBERSHIPS

Length	UBC Students
1 Term	\$25
Daily Drop In	\$5

Student Memberships Include

- Use of the club anytime it's open

Upgrade Your Membership

Flex Pass - Cycle Fit and Get Fit Classes

Length	UBC Student
1 Term	\$59
1 Month	\$20

Daily Drop-In for classes \$6

Priority is given to members with passes

STAFF AND PUBLIC MEMBERSHIPS

Length	UBC Staff/Faculty	Public
1 Year	\$348	\$420
	\$29/month	\$35/month
8 Months	\$296	\$312
	\$37/month	\$39/month
3 Months	\$120	\$138
	\$40/month	\$46/month
1 Month	\$40	\$46
Daily Drop-In	\$9	\$9

Staff and Public Memberships Include

- Use of the club anytime it's open
- Get Fit Classes
- Cycle Fit Classes

To be eligible for student rates a student has to be registered in more than 1 UBC Academic Course in the summer term.

For information on classes, boot camps, programs and personal training visit the BirdCoop or visit www.birdcoop.ubc.ca

PERSONAL TRAINING

Personal Trainers are a great way to reach your goals faster!

**Motivation
Muscle Gain
Injury Rehabilitation
Sport Specific Training**

**Body Fat Loss
Specialized Programs
Strength Training**

Health Assessment

Includes: Body composition test, measurements, cardio test, blood pressure check, strength and flexibility tests.

Students: \$39 / Staff: \$41 / Public: \$43

Sessions	UBC Student	UBC Staff/ Faculty	Public
One	\$47	\$52	\$54
Three	\$44	\$49	\$50
Five	\$42	\$46	\$47
Twelve	\$41	\$42	\$46

ONE ON ONE PERSONAL TRAINING PROGRAMS

30 MINUTE TARGET TRAINING

12 Sessions

Quick Workouts! Quick Results! 30 minute (One on One) training sessions. Choose the program that best suits your needs: Fat Loss, Muscle Gain, or Tone and Tighten. Your personal trainer will work with you 2 or 3 times per week with sessions being completed in 6 weeks.

UBC Student	UBC Staff/ Faculty	Public
\$336	\$348	\$396

FLAB TO FAB!

2 Health Assessments - 6 Sessions

Nutrition advice to get you faster results! This personal training program focuses on toning your upper body, lower body and core! Lose up to 12 pounds in 6 weeks.

UBC Student	UBC Staff/ Faculty	Public
\$301	\$329	\$339

SUMMER SHAPE UP

1 Health Assessment - 4 Sessions

Find out where you are starting from and have a trainer teach you the latest techniques to get you where you want to go!

UBC Student	UBC Staff/ Faculty	Public
\$193	\$215	\$221

GROUP TRAINING PROGRAMS

BOOT CAMPS

Lunch Crunch Boot Camp

Burn those calories! Have fun! Lunch Crunch is a high energy interval cardio, strength and core training workout!

Cycle Boot Camp

The ultimate cross-training boot camp class. A combination of spinning, strength & core training.

Coop Combo Boot Camp

This class is a combination of balls and boards, core, stability, and functional strength training. It is designed to get you in shape for life's daily activities.

Outdoor Explore Boot Camp

See UBC and enjoy a great outdoor workout! Tone your body, increase your cardio and flexibility.

Early Bird Boot Camp

Wake your body up! Cardio, core and strength with an extended stretching component!

Visit the BirdCoop or check out our website www.birdcoop.ubc.ca for more upcoming programs.

SPECIALTY CLASSES

Triathlon Endurance Cycle

Let our music set the pace so you can go the distance! Indoor cycling to get you in shape for road racing or the cycle portion of your triathlon. This class utilizes long distances to put an increased focus on endurance, muscle stamina and core strength.

Cardio Kick Box Blast

Choreographed kick boxing class using various kicking and punching techniques. Blast away fat while toning and strengthening the whole body!

LEARN TO LIFT

Strengthen your upper and lower body. Tone your core. Learn proper lifting techniques. 4 week program. Maximum 6 people per program.

BEACH BODIES

Lose up to 8 pounds in 4 weeks! Get the look you have always wanted. Weight training program and nutrition advice to help you achieve your results. Maximum 6 people per program.

YOUTH FITNESS DAY CAMPS!

Please check out our website or visit the Birdcoop and Aquatic Centre for more information on day camps. For ages 10 - 17.