

2023 SPRING PROGRAMS

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ACCESS & PROGRAM REGISTRATION INFORMATION

- Completion of a Centre Access Waiver Form is required prior to utilizing The Centre facilities and participating in program offerings. Available at The Centre reception or lori.takenaka@ubc.ca and paul.gill@ubc.ca.
- Registration is required for both drop-in and ongoing program registration. Drop-ins are welcome where indicated.
- For more information, registration, comments or concerns, please contact:

Lori Takenaka or Paul Gill
 Safety and Risk Services
lori.takenaka@ubc.ca or paul.gill@ubc.ca
 604-822-6732
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BACK STRENGTHENING & CONDITIONING

Your back works non-stop to support you while walking, sitting at your desk, playing, working with tools and even when you're lying down. It's no wonder that back pain affects most people eventually. Preventing back pain is more than just employing safe lifting techniques. Strengthening and stretching the supporting muscles of the spine builds the foundation to restoring range of motion and preventing injury.

These supporting muscles include: the abdominals, pelvic floor, outer back muscles, and the hip muscles.

Here are a few examples of strength building exercises:

Bird Dog

Kneel on the floor with hands firmly placed about shoulder width apart. Brace the abdominals reaching one arm straight out in front and extend the opposite leg to the rear. Shoulders and hips should be parallel. Hold for 3-8 seconds then return hands and knees to the ground. Repeat on the opposite side. Work up to 3-5 sets of 10-15 reps.

Bridge

Lie on your back with your knees bent and both feet on the ground. With your arms at your sides, palms down, tighten your stomach and buttock muscles and slowly raise your hips into the air. Hold for 3-8 seconds. Then slowly lower your hips to the floor. Work up to 3-5 sets of 10-15 reps.

Protein Balls by Arman Liew

This recipe is easy to make and serves as a great protein snack!

- 3 cups rolled oats
- 1/2 cup protein powder (I used chocolate)
- 1 cup peanut butter *substitute for any nut or seed butter
- 1/2 cup maple syrup

Mix your oats and protein powder until combined. Add peanut butter and syrup and mix well.

Lightly wet your hands (or spray them with cooking spray) and form 20-24 small balls of dough. Place on a plate and refrigerate until firm.

Each protein ball: 98kcal, 12g carbohydrates, 5g fat, 6g protein



GROUP CONDITIONING SCHEDULE*

(Effective April 3- June 30, 2023)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 pm - 12:45 pm		Total Body Conditioning (A)		H.I.I.T. (B)	Total Body Conditioning (B)
12:00 pm - 1:00pm			Yoga (B)		
4:00 pm - 5:00 pm	Yoga (A)	Group Personal Training (B)		Group Personal Training (D)	

*Pre-registration is required for all group classes, see contact information above

Group Personal Training

Get your body moving and your heart rate racing with personalized training sessions under the guidance of a Kinesiologist and the motivation of a small group.

Yoga

Relieve your body's tension and improve your strength, flexibility, and balance. You will enhance relaxation and release stress while improving total muscle condition.

H.I.I.T.

This high-intensity training (HIIT) workout combines body weight, muscle conditioning, cardio, plyometric and explosive moves to give you a total body workout that burns calories, strengthens and builds lean muscles.

Total Body Conditioning (T.B.C.)

This 45-minute workout is designed for functional total body conditioning. You will be guided through a full body muscular strength and endurance session using high repetition movement and non-cardio exercises. Workout with the use of bodyweight and a variety of weighted equipment.

Can't make it to every class, get there on time, or stay for the entire session? That's alright, we still want to see you. We welcome drop-ins with pre-registration and our Kinesiologist can adjust your class instruction to ensure you stay safe while still benefiting from a shorter session.

FACILITY ORIENTATION

The Facility Orientation is designed to assist all Centre users feel comfortable and supported as they work towards their wellbeing goals. Orientations will cover facility safety and etiquette and how to use cardiovascular and strength training equipment in the various areas of The Centre. Our Kinesiologist will tailor your session to your unique goals and interests. By appointment.

FUNCTIONAL MOVEMENT SCREEN

The Functional Movement Screen (FMS) is a tool used by health care professionals on everyone from workers to high performance athletes to help identify limitations and asymmetries as a means to prevent injuries, support rehabilitation, and build functional strength. As part of your complementary FMs, you will go through a series of movement patterns, understand your results, and be prescribe a series of conditioning exercises to address the areas identified and set you on the road to better health and performance at work, home, and play. By appointment.

FITNESS ASSESSMENT

If you are just getting started, needing guidance, or an update to your regular routine, this complimentary program will give you the kick you need to take the next step towards your health and wellness goals. By appointment.

