

## Move UBC Off-Campus Pass Participants and Instructions

Name	PA Type	Included in Pass	Instructions (How to register and what to bring)	Location	Additional Benefits
<a href="#">Barre Belle</a>	Barre-based group fitness	First Class Free	<ul style="list-style-type: none"> <li>Contact the studio (call/email/in person) or book online for your first class.</li> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle. Barre socks will be provided</li> </ul>	<p><a href="#">Kitsilano:</a> 1847 W 4th Ave, Vancouver, BC V6J 1M3</p> <p><a href="#">North Vancouver:</a> #110 221 West Esplanade, North Vancouver, Vancouver, BC V7L 1A5</p>	
<a href="#">UNA</a>	Gym	First Gym Drop-In Free	<ul style="list-style-type: none"> <li>Contact the studio (call/email/in person) or book online for your first class.</li> <li>Wear clothing suitable for gym workouts and show up with student ID at the fitness centre front desk. Bring a water bottle.</li> </ul>	3335 Webber Ln, Vancouver, BC V6S 0H3	
<a href="#">Formation Studio</a>	Dance-based group fitness	First Class Free	<ul style="list-style-type: none"> <li>Contact the studio (call/email/in person) or book online for your first class.</li> <li>Wear comfortable clothing to sweat in. Shoes should be indoor-only and athletic in style (running shoes/cross-trainers are ideal).</li> <li>Pack a reusable water bottle but please leave glass bottles or jars at home.</li> <li>Towel service and complimentary lockers are provided.</li> </ul>	Kitsilano: 16 E 5th Ave, Vancouver, BC V5T 1G8	
<a href="#">F45 Training</a>	Fitness training studio	First Class Free	<ul style="list-style-type: none"> <li>Email studio to book class (include first and last name, email and phone number for creating an account)</li> <li>Arrive 5-10 minutes early to go over an introduction to F45.</li> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle.</li> <li>Sweat towels and showers provided</li> </ul>	Kitsilano: 1735 W 4th Ave, Vancouver, BC V6J 1M2	
<a href="#">Lagree West</a>	Machine-based cardio fitness	Complementary first class free for MegaCardio	<ul style="list-style-type: none"> <li>Create an account and e-mail <a href="mailto:info@lagreewest.com">info@lagreewest.com</a> with photo of valid student ID</li> </ul>	Kitsilano: 2625 W 4th Ave, Vancouver, BC V6K 1P8	Student Discount: 10% off 5 and 10 class passes

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<a href="#">Modo Yoga</a>	Group hot yoga	First Class Free	<ul style="list-style-type: none"> <li>Book online using promo code, MOVE20 (activates Feb 1st) or drop into the studio to book.</li> <li>Bring a mat, towel, and water. If you don't have these, all are available to rent for \$2.</li> <li>Wear whatever you feel comfortable stretching and sweating in.</li> </ul>	<p>Kitsilano: 2083 Alma St #242, Vancouver, BC V6R 4N6</p>	
<a href="#">Movement 108</a>	Group fitness training class	First Class Free	<ul style="list-style-type: none"> <li>Visit <a href="http://movement108.com">movement108.com</a> and click "book a class"</li> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle.</li> </ul>	<p>Kitsilano: 1416 W 8th Ave #100, Vancouver, BC V6H 1E1</p>	<p>Student Discount: 15% off classes</p>
<a href="#">Orange Theory Fitness</a>	Cardio & strength group fitness class	First Class Free	<ul style="list-style-type: none"> <li>You can book your first free class online at <a href="https://www.orangetheoryfitness.ca/get-started/free-class/thank-you">https://www.orangetheoryfitness.ca/get-started/free-class/thank-you</a>.</li> <li>It is recommended to book in advance because only clients that are on the class list will be guaranteed a spot!</li> <li>It is required before your first class to be 30 minutes early. One of the certified coaches will provide an orientation and explain the goal of the workout.</li> <li>Make sure to bring a sweat towel, proper running attire and a water bottle because there will be a lot of sweating involved.</li> </ul>	<p>Kitsilano: 3055 W Broadway, Vancouver, BC V6K 2G9</p> <p>North Vancouver: 1171 Marine Dr Suite #107, North Vancouver, BC V7P 1S8</p>	
<a href="#">Oxygen Yoga Fitness</a>	Group hot yoga & fitness class	First Class Free	<ul style="list-style-type: none"> <li>The free class is only redeemable in person at the studio.</li> <li>Arrive 15 minutes prior to class to find parking, fill out a waiver form and familiarize yourself with the studio. Please note once class starts we will not be able to let you into class.</li> <li>You will need to bring the following for your first visit, UBC Student ID, Yoga Mat and Towel. Classes are taught in a heated far Infrared room, so light</li> </ul>	<p>Kitsilano: 1801 W Broadway, Vancouver, BC V6J 1Y5</p> <p>North Vancouver: 1524 Lonsdale Ave, North Vancouver, BC V7M 2J3</p>	

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			<p>clothing will be needed for class, temperatures range from 35-38 degrees.</p> <ul style="list-style-type: none"> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle.</li> </ul>		
<a href="#">Ride Cycle Club</a>	Indoor group cycling class	First Class Free	<ul style="list-style-type: none"> <li>Contact the studio (call/email/in person) or book online for your first class.</li> <li>Wear comfortable indoor clothing, and bring water. Cycling shoes will be provided</li> </ul>	<p><a href="#">Kitsilano:</a> 2173 W 4th Ave, Vancouver, BC V6K 1N7</p>	
<a href="#">TurF</a>	Group fitness class	First Class Free, excludes The Class by Taryn Toomey	<ul style="list-style-type: none"> <li>Create an account at ourturf.com/studiopass</li> <li>Select 'Promo Code' in our online store</li> <li>Use promo code: moveubc</li> <li>Reserve your spot in any of our met.a, strength, or yoga classes</li> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle.</li> </ul>	<p>Kitsilano: 2041 W 4th Ave, Vancouver, BC V6J 1N3</p> <p>Downtown: 1281 W Georgia Street Vancouver, BC V6E 3J7 (opens Feb 10<sup>th</sup>)</p>	
<a href="#">MVMT Academy</a>	Group fitness training class	First Class Free	<ul style="list-style-type: none"> <li>Book ahead of time. You can book without paying online and then when you arrive at MVMT you will just have to show your student card to redeem the first class free.</li> <li>Wear comfortable indoor exercise clothing to sweat in and bring a water bottle.</li> </ul>	<p>North Vancouver: 1711 Welch St, North Vancouver, BC V7P 3G9</p>	Also launching a timely student pass 50% off monthly unlimited classes for students.
<a href="#">Salted Cycle</a>	Indoor group cycling class	First Class Free	<ul style="list-style-type: none"> <li>Call or book online for the free class. If booking online, create an account using your email. When you get to the checkout use code 'UBC STUDENT'.</li> <li>Show up 10 minutes to fill out a first time rider waiver and get setup on their bike! Towels and spin shoes are provided.</li> <li>Wear appropriate workout gear (Tights, Shorts, Sports Bra, Socks) and bring a water bottle!</li> </ul>	<p>North Vancouver: 113 2nd St W, North Vancouver, BC V7M 2E7</p>	

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