



SPRING 2017

SPORT & RECREATION

ACTIVITY GUIDE



FREE
FITNESS
FRIDAY!

SIGN UP
FOR INTRAMURALS

SUNRUN
IN TRAINING



SUNRUN CLINIC

LEARN TO RUN 10K

Designed for anyone who is interested in learning to run. Participants will start out slowly (with more walking than running) and build up gradually until they are safely and comfortably able to either walk/run 10K, or run 10K

Starting January 24, 2017

(See page 12 for details)

\$144+GST includes Vancouver Sun Run race entry and tech shirt!

13 week training program

SunRun Date: April 23, 2017

Sign-up for the KPU team! *(See page 12 for details)*



SPORT & RECREATION ACTIVITY GUIDE

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MEMBERSHIP INFO & PRICES

All current KPU students, employees and alumni with a valid KPU ID are eligible for the following:

	KPU STUDENTS	KPU EMPLOYEES/ALUMNI
FITNESS CENTRE	FREE WITH VALID KPU ID	
FLEX PASS (10 CLASS PASS)	FLEX PASS \$15.00 DROP-IN \$5.00	FLEX PASS \$25.00 DROP-IN \$5.00
SMALL GROUP TRAINING	BY REQUEST ONLY EMAIL: SPORTREC@KPU.CA	
INTRAMURALS	\$10.00 PER SPORT	
TOURNAMENTS	\$30.00 PER PERSON	

How to Pay

- Flex Pass
 - » KPU Surrey Sport & Rec
 - » KPU Langley Bookstore
 - » KPU Richmond Bookstore
- Tournaments and Intramural programs—in person at KPU Surrey Sport & Recreation desk—Cedar Building 1280
- Credit (VISA or MasterCard) or debit only

Fitness Centres

KPU fitness centres are FREE for KPU students, employees and alumni with a valid KPU ID.

*KPU ID's will be needed for entry.

Fitness Class Flex Pass

A Flex Pass can be used for any 10 drop-in fitness classes on any campus and is valid for one year from date of purchase.

Some sport and recreation programming may be subject to additional fees. Check online at kpu.ca/sportrec

Lockers and towels are only available at the KPU Surrey gym and fitness centre. The cost for daily locker use is \$0.25 and towel service requires valid KPU ID.





SPORT & RECREATION FACILITIES

HOURS OF OPERATION

8:00AM-9:50PM | MONDAY-FRIDAY | CLOSED HOLIDAYS

KPU Surrey

Fitness Centre

Located in the Cedar Building, the fitness centre features industry-leading Matrix equipment.

Gymnasium

Known as The Eagles' Nest, KPU's full-size gymnasium features:

- 7,000 square feet
- 1 full basketball court with 6 backboards
- 4 regulation-sized badminton courts
- 2 volleyball courts
- Changing rooms with showers and lockers

KPU Sports Field

Home to KPU's soccer, ultimate Frisbee, and flag football programs. KPU operates the Sport Field in partnership with the City of Surrey at Newton Athletic Park, just 900 metres from KPU Surrey.

KPU Richmond

Active KSA Studio

The studio hosts fitness, dance, and martial arts programs.

KPU Langley

Fitness Centre

This multi-purpose fitness centre features low-impact fitness classes and industry-leading Matrix equipment.

KPU Tech

Fitness Centre

This fitness centre features strength-oriented industry-leading Matrix equipment.

FITNESS & WELLNESS PROGRAMS

Drop-In Fitness Classes

Use your Flex Pass to take advantage of KPU group fitness classes, including a variety of cardio, strength, and mind-body classes at any KPU campus where group fitness classes are offered.

GROUP FITNESS CLASSES

January 9 – April 26, 2017

ZUMBA

Zumba is a feel-happy workout that is great for the body and mind. Move and groove to zesty Latin music for a fun and energetic workout.

BODY SCULPT

A total body strengthening and sculpting workout. Using body weight, tubing and hand weights, burn calories, tone muscles and increase flexibility in this power hour class. Suitable for all levels.

CORE CONDITIONING

A core workout sure to get your abs burning. Work on strengthening back muscles, balance, posture and stability.

CIRCUIT TRAINING

Work your way through multiple strength and cardio stations in this 45 minute power class. Be prepared to sweat!

CARDIO KICKBOXING

A high energy kickboxing class that targets all major muscle groups to maximize your calorie burn! Includes speed and power drills and interval training to build cardio stamina, strength and endurance.

INTRO TO HIP HOP - STUDENTS ONLY

This class will help you learn how to move and groove to the music, and give you the opportunity to express yourself through dance.

Starts January 20

MINDFUL MOVEMENT (YOGA)

A gentle yoga class suitable for all levels focusing on physical health and mental well-being. This class will strengthen, tone, stretch, and relax your entire body through postures, breathing and relaxation techniques.

YOGA FLOW

A dynamic series of flowing strength building postures created by rhythmic breathing. A challenging and invigorating mind-body workout recommended for all levels.

ZEN YOGA

Exploring the body's subtle energies with long deep stretching, focusing on the connective tissues of the body and cultivating a meditative, peaceful mind. Suitable for all levels.














SMALL GROUP TRAINING

Make your health a priority and get the results you want! Our trainers focus on whole body wellness and create a personalized program specific to individual fitness goals and lifestyle.






ALL FITNESS IS FREE ON FRIDAYS!

FITNESS SCHEDULE





Surrey

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
12:00-1:00	CIRCUIT TRAINING 		CIRCUIT TRAINING 		MINDFUL MOVEMENT 
1:00-2:00	MINDFUL MOVEMENT 	CORE CONDITIONING 	ZUMBIA 	BODY SCULPT 	INTRO TO HIP HOP (STUDENTS ONLY)  STARTING JANUARY 20
4:15-5:15	BODY SCULPT 	CARDIO KICKBOXING 		CARDIO KICKBOXING 	
5:15-6:15		BODY SCULPT 		CORE CONDITIONING 	

Langley

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
12:00-1:00	CORE CONDITIONING 	MINDFUL MOVEMENT 	BODY SCULPT 	MINDFUL MOVEMENT 	CIRCUIT TRAINING 

Richmond

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FREE FITNESS FRIDAY
1:00-2:00		YOGA FLOW 	YOGA FLOW 	YOGA FLOW 	
4:30-5:30	ZEN YOGA 				

Schedule subject to change

FREE FITNESS WEEK JAN 9-13

All fitness programs free for you to try!

LEGEND



CARDIO



STRENGTH



MIND/BODY



DANCE



SMALL GROUP TRAINING

Whether you are just starting an exercise program or looking to add some variety and challenge to your existing routine, our certified personal trainers provide you with support and motivation. Combined with small classes of no more than four people, small group training ensures efficient and effective exercise performance, provides accountability, and keeps you on track to reaching your goals!

Maximum 4 people.

Available at any KPU campus upon request. For more information, contact sportrec@kpu.ca

WORLD HEALTH DAY

April 5, 2017

World Health Day, celebrated on 5 April every year to mark the anniversary of the founding of the World Health Organization, provides a unique opportunity to mobilize action around a specific health topic to people all over the world. This year's theme is depression.

Depression affects people of all ages, from all walks of life, in all countries. Yet, depression can be prevented and treated. A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help.

LET'S TALK. Join us Wednesday, April 5, 2017 for a conversation about ensuring that more people with depression, in all countries, seek and get help.

Healthy snacks will be provided. Don't miss out!

KPU Surrey
Fir BLDG, Rm 128

Adapted from: who.int/campaigns/world-health-day/2017/campaign-essentials/en/





SPORTS LEAGUES & INTRAMURALS

Intramurals promote teamwork, respect, and, most of all, fun! The KPU intramurals program strives to be inclusive of all members, meeting the interests and abilities of a wide range of participants. Sign up as a team or as an individual.

Please contact KPU Sport & Recreation if you are interested in a sport that you do not see listed. You can email your inquiries and interests to sportrec@kpu.ca



Registered Intramural Sport Programs

FUTSAL - INDOOR SOCCER — MIXED

Soccer enthusiasts will get a kick out of our co-ed indoor soccer league! This 7-a-side league will play two 30 minute halves at the Surrey Campus gym. A round robin format with playoffs and championship games will be played. No slide tackles will be permitted and proper indoor footwear are required. Sign up as a team or individual!

LOCATION: SURREY CAMPUS GYMNASIUM
DATES/TIMES: MON - 6:30-9:50 PM
(JAN 16 - APR 24)
MINIMUM TEAMS: MINIMUM 6 TEAMS REQUIRED TO RUN THIS LEAGUE
COST: \$10

BASKETBALL

Whether you are reliving your high school glory days, or just want to learn the game and have a good time, this league has something for everyone. This 5 vs 5 open recreation league will focus on sportsmanship and fun competitiveness. All levels welcome.

LOCATION: KPU SURREY GYM
DATES/TIMES: THU - 6:00-9:50 PM
(JAN 19 - APR 20)
MINIMUM TEAMS: MINIMUM 4 TEAMS REQUIRED TO RUN THIS LEAGUE
— MAX. 8 PLAYERS PER TEAM
COST: \$10.00/PLAYER

VOLLEYBALL

This league will focus on fun and inclusiveness in an open format. With a wide variety of team options, this league caters to all including those simply out for recreation. Come on out and bump, set, spike your way to the Rec Cup!

LOCATION: KPU SURREY GYM
DATES/TIMES: WED - 6:00-9:50 PM
(JAN 18 - APR 19)
MINIMUM TEAMS: MINIMUM 4 TEAMS REQUIRED TO RUN THIS LEAGUE
— MAX. 8 PLAYERS PER TEAM
COST: \$10.00/PLAYER

SIGN-UP FOR LEAGUES ONLINE AT
KPU.CA/SPORTREC OR IN PERSON AT
KPU SURREY SPORT AND RECREATION.

TEAMS MUST REGISTER BEFORE THE
LEAGUE STARTS.



Drop In Sport Programs

RUNNING/WALKING GROUP

Open to the KPU community who are interested in running or walking. This group will organize scheduled activities, entry into events and will support its members in leading healthy, well balanced lives. Come out and get involved.

LOCATION: KPU SURREY GYMNASIUM
DATES/TIMES: WED - 12:00-1:00 PM
 (JANUARY 11)
COST: FREE

BHANGRA DANCE

Whether you want to learn or be a part of a competitive team, come join other KPU students for this NEW Bhangra dance drop-in program. Open to all levels and abilities.

LOCATION: KPU SURREY GYM
DATES/TIMES: TUE - 8:00-9:50 PM
 (JAN 10 - APR 18)
COST: FREE

STRAVA™

RUNNING/WALKING AND CYCLING CLUB

This motivational running/walking and cycling club is dedicated to the health and well-being of the KPU community! Together we will celebrate and encourage an increase in physical activity throughout our journey to a healthy lifestyle. All levels are welcome.

strava.com/clubs/kpu_sportrec

Check the schedule at kpu.ca/sportrec

OPEN GYM

Available at KPU Surrey, open gym provides free scheduled activities for KPU students and employees. For schedule information, visit kpu.ca/sportrec



SPORT PROGRAMS

Learn to Golf Program

Delivered at Northview Golf and Country Club this new golf program will provide the KPU community opportunity to learn golf in a social environment that will be fun and create lasting relationships. This program is open to all levels and abilities.

LOCATION: NORTHVIEW GOLF AND COUNTRY CLUB
DATES/TIMES: STARTS TUESDAY FEB 17
PICK 1 SESSION
SESSION 1: 4:30-6:00PM
SESSION 2: 6:00-7:30PM

MINIMUM PARTICIPANTS: 8
COST: \$260.00

SunRun InTraining

Designed for anyone who is interested in learning to run. Participants will start out slowly (with more walking than running) and build up gradually until they are safely and comfortably able to either walk/run 10K, or run 10K.

LOCATION: KPU SURREY
DATES/TIMES: TUESDAYS AT 5:00PM
(13 WEEK PROGRAM)
PROGRAM STARTS JAN. 23
COST: \$144.00 + GST
(INCLUDES TECH SHIRT AND RACE ENTRY)

SPORTS TOURNAMENTS

Every semester, KPU Sport & Recreation offers a variety of inclusive, exciting, and fun recreational tournaments and events for all to enjoy. The Sport Tournaments planned for the Spring 2017 semester include:



7TH ANNUAL MARCH MADNESS BASKETBALL TOURNAMENT

This premier 3-on-3 basketball tournament is open to all levels and abilities! Prizes, trophy and medals for the winning team and most sportspersonlike team. Register early to make sure you secure a spot in the tournament.

LOCATION:	KPU SURREY GYM
DATES/TIMES:	FRIDAY, MARCH 24, 2017
TEAMS:	MIN 3 MAX 5 PLAYERS (2 SUBS)
COST:	\$30.00/TEAM



KPU DODGEBALL TOURNAMENT @ KPU SURREY

Join a host of representatives from across the KPU community for one of KPU's most celebrated tournaments. Join a team of 6 and dodge your way to the finals!

LOCATION:	KPU SURREY GYM
DATES/TIMES:	FRIDAY, JANUARY 20, 2017
TEAMS:	6 PLAYERS
COST:	FREE

Register early as a team or individual at the KPU Sport & Recreation desk or online at kpu.ca/sportrec



THE FINE PRINT

Guidelines

- All KPU students are subject to the KPU Student Conduct policy while using any KPU facility. For more information, visit kpu.ca/policies
- Valid KPU ID and membership is required to use any KPU facility.
- All visitors must check-in with Sport & Recreation staff.
- Unsporting conduct will not be tolerated.
- Offensive language, disorderly conduct and abuse of others will result in immediate removal from the facility.
- Users are responsible for all costs associated with damage resulting from disorderly conduct and misuse of equipment.

Waivers and Par-Q

- A Par-Q is a form and questionnaire that determines if you are physically fit and able to participate in physical activity. All participants in any fitness class or using any fitness centre or studio will be required to fill out a Par-Q, available Sport & Recreation desk at KPU Surrey or online at kpu.ca/sportrec
- All participants in an intramural league or tournament will be required to fill out a waiver form prior to the sport league or tournament beginning.

Cancellations and Closures

- KPU Sport & Recreation facilities may close temporarily due to convocation, rental groups, holidays and observances, or other unforeseen circumstances.
- KPU Sport & Recreation reserves the right to cancel programs due to extremely low enrolment or unexpected situations.

Refunds

Fitness Programs

- Approved refunds will be reimbursed as the initial method of payment.
- Flex Passes are non-refundable and non-transferrable.
- KPU Sport & Recreation is not responsible for lost or stolen Flex Passes.

Sport Programs & Intramurals

- No-shows to any intramural tournament will not receive a refund.
- If a league or tournament is cancelled, a full refund will be provided.
- Refunds will only be issued before the start of a league or tournament.



THANK YOU KSA

FOR YOUR GENEROUS SUPPORT OF
THE FITNESS CENTRES AT KPU LANGLEY,
KPU TECH AND KPU SURREY

KUSA.CA



STUDENT HEALTH 101

Student Health 101 is a free monthly e-zine for KPU students promoting healthy bodies and minds. Each issue is filled with information to encourage students' well-being and to make the most of their time at KPU.

Each monthly edition features:

Monthly Contests

Recipes

Financial Advice

Study Aids

Fitness Tips

And more!

Check your KPU email each month for the latest issue

Text "KPU" to 71441 to receive Student Health 101 on the go!



STUDENT
health101

kpu.ca/student-health-101
sh101@kpu.ca