

## Beginner Fitness

Registration must be done at least **one week** prior to start of class. See below for information on how to register.

### Finally, a workout that works!

Adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you.

#### Beginner Fitness Introductory classes

These classes will introduce you to the basics before starting your own fitness regime or program.

- Introduction to Pickleball **SFH**

#### Beginner Fitness Learn To Classes

Designed with the beginner in mind, our Learn To Classes include three 45-minute sessions with an additional 15-minutes provided after each class to ask the instructor your individual questions.

- Learn to Fitness Yoga **SFH, SCC, LWC**
- Learn to Group Cycle **SFH, SCC**
- Learn to Pole Walk **SFH**
- Learn to Step **SFH**

#### Get Motivated with a Personal Trainer

A fitness consultant will keep your goals, current fitness status and lifestyle needs in mind while developing a training program that is right for you. For more information about personal training options call 306-975-7808.

For more information on beginner fitness programs call 306-975-7808. Registration information can be found on page 15 of the Winter Leisure Guide or at [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).

## Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

Visit [saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline) to reserve your spot in advance.

#### Lakewood Civic Centre

Jan 9	M	06:00 PM-07:30 PM	FREE	LW1817-01
Jan 12	Th	06:00 PM-07:30 PM	FREE	LW1817-02

#### Lawson Civic Centre

Jan 19	Th	06:45 PM-08:15 PM	FREE	LC1817-01
Feb 21	Tu	06:45 PM-08:15 PM	FREE	LC1817-02

#### Shaw Centre

Feb 3	F	05:30 PM-07:00 PM	FREE	SC1817-01
Mar 3	F	05:30 PM-07:00 PM	FREE	SC1817-02

#### Saskatoon Field House

Jan 3	Tu	05:30 PM-07:00 PM	FREE	FH1817-01
Jan 5	Th	05:30 PM-07:00 PM	FREE	FH1817-02

## Walking Tracks

Set your pace at one of the City indoor tracks no matter the weather.

Hamm Walking Track (Shaw Centre): Three-lane, 165 m

Saskatoon Field House: Six-lane, 200 m

Terry Fox Track (Saskatoon Sports Centre): Two-lane, 365 m

### How to register

In this flyer and in the Leisure Guide, you will find a variety of fitness, lifestyle and water safety programs that require pre-registration and may require payment of a class fee to participate.

#### Phone or visit the Leisure Centre of your choice:

<b>Cosmo Civic Centre</b>	3130 Laurier Dr.	306-975-3344
<b>Lakewood Civic Centre</b>	1635 McKercher Dr.	306-975-2944
<b>Lawson Civic Centre</b>	225 Primrose Dr.	306-975-7873
<b>Saskatoon Field House</b>	2020 College Dr.	306-975-3354
<b>Shaw Centre</b>	122 Bowlit Cres.	306-975-7744

#### Leisure Online at [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Signing up for your favourite City of Saskatoon programs is easier than ever.

Subscribe to the Fit Over 50 eNewsletter to receive program updates delivered to your inbox.

Visit [saskatoon.ca/fitover50](http://saskatoon.ca/fitover50) or scan the QR code to subscribe now.



Winter 2023

# FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+

## The Health Benefits of Strength Training

Strength training is not just for athletes or those who want big muscles, it's safe and effective for all ages and fitness levels and provides many benefits to increase your quality of life.

Overtime and with physical inactivity, our bodies lose muscle mass. An inactive adult will lose about 30 to 40 per cent of their strength by age 65, which can have a major impact on daily living.

Not only will strength training improve your muscular fitness, it will also lead to other health benefits, including:

- Stress and tension relief to improve mental health
- Risk reduction for osteoporosis and certain lifestyle chronic diseases including heart disease
- Better self-image
- Help with weight control
- Reduced fatigue and increased energy
- Improved blood glucose control

Increased muscle mass also helps to maintain good posture, prevent lower back pain and protect the joints from shock and injury.

The best way to start any new exercise routine is by easing into it. Start with small commitments and goals and give yourself time to adjust. This will lead towards continued success and accomplishment of larger goals.

When first starting out, talking to a fitness professional can be beneficial. The trainers at the Leisure Centres can help you start safely by reviewing your technique or they can help set-up an individualized program designed to suit your current level of fitness and show how to progress towards your goals.



What's inside?

Drop-in Fitness Programs  
Registered Programs • Beginner Fitness  
Spotlight on Fitness: How to Become a Fitness Instructor

The City of Saskatoon offers many opportunities to achieve your strength training goals, from fitness classes, to visiting a Leisure Centre fitness and weight room with a personal trainer.

Drop-in classes we recommend for beginners to active individuals over 50 are:

- Functional Fitness
- Chair Yoga, Fitness Yoga, Gentle Fitness Yoga or Yoga & Sculpt
- Muscle Sculpt, Group Cycle and Sculpt, or Walk & Sculpt
- Low Impact & Sculpt
- Aqua fitness

For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808 or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).



# LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE • LAKEWOOD CIVIC CENTRE  
LAWSON CIVIC CENTRE • SASKATOON FIELD HOUSE • SHAW CENTRE

## Drop-in Fitness Programs

Drop in for fun and fitness at the City of Saskatoon Leisure Centres! Access drop-in programs with a paid admission, City of Saskatoon LeisureCard or Bulk Tickets.

**Aqua Fitness/Gentle Aqua Fitness** Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is required. **LWC, LCC, SCC**

**Aqua Walk** Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. **LWC, LCC\*, SCC**  
\*Deep Water Aqua Walk also available.

**Chair Yoga** Incorporates strength and flexibility components with yoga-based movements using chair support. **LWC, LCC, SCC**

**Deep Water Aqua Fitness** Minimizes joint stress using flotation belts to provide support while you work out in the deep end. **SCC\***  
\*Tethers may be utilized during class at Shaw Centre.

**Fitness Yoga** Introduces fundamental strength conditioning and flexibility components with yoga-based movement. **CCC, LWC, LCC, SFH, SCC**

**Functional Fitness** Utilizes stretching exercises and mild aerobic activity. **CCC, LCC, SCC**

## Registered Programs

Register at least **one week** prior to start of class. Refer to the back of this brochure for information on how to register.

**Strollin' & Polin'** Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

### Saskatoon Field House

Feb 1-27*	M/W/F	01:15 PM-02:15 PM	\$50.50	FH1365-01
Mar 1-31**	M/W/F	01:15 PM-02:15 PM	\$50.50	FH1365-02

\* Cancelled Feb 20, 24. \*\* Cancelled March 8, 10, 15, 24

**Minds in Motion** A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. For more information, contact Connie at 1-800-263-3367, by email at [mindsinmotion@alzheimer.sk.ca](mailto:mindsinmotion@alzheimer.sk.ca) or visit [alzheimer.ca/sk](http://alzheimer.ca/sk). To register call the Saskatoon Field House at 306-975-3354.

### Saskatoon Field House

Jan 24-Apr 4*	Tu	01:30 PM-03:30 PM	\$30	FH1510-01
Feb 2-Apr 20**	Th	01:30 PM-03:30 PM	\$30	FH1510-02

\*No class Mar 7. \*\*No class Feb 23 & Mar 9.

Minds in Motion® is provided in partnership with the City of Saskatoon, Alzheimer Society of Saskatchewan and Information Services Corporation.

**For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808, or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).**

**Gentle Fitness Yoga** A slower paced class with emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LCC, LWC, SCC**

**Low Impact & Sculpt** Combines cardiovascular, light weight training and flexibility exercises. **LWC, LCC**

**Pickleball** Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**

**Walk & Sculpt** A brisk walk followed by a muscle strengthening routine. **LWC**

*...and many more!*

## The First Step Program™

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol, and/or chronic kidney disease, First Step can help to improve your quality of life and help reduce the risk of developing future health concerns.



The First Step Program™ is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. The key is making the first step to preventing chronic conditions from affecting your health.

You will be assigned a highly trained exercise specialist who will assess your own individual needs and design an exercise program specifically for you.

Exercise sessions are two times per week at the Saskatoon Field House (Tuesday & Thursday mornings or evenings). Once you graduate from this program you can continue with this excellent support three times/week adding on Saturday mornings and further options of utilizing all leisure facilities to continue your healthy lifestyle.

For more information and application forms, please call 306-975-3121 or visit [saskatoon.ca/firststep](http://saskatoon.ca/firststep).

## Save with Bulk Tickets & LeisureCards!

**BULK TICKETS** Buy 10 for less than the price of 8! Bulk Tickets never expire, are transferable and make great gifts.

**LEISURECARD** Get unlimited access to all six Leisure Centres, outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit these facilities more than two times per week.

Learn more at [saskatoon.ca/admissions](http://saskatoon.ca/admissions).



## Spotlight on Fitness:

## How to become a fitness instructor

Are you interested in getting involved in your community, staying active, or finding a second career? Becoming a fitness instructor with the City of Saskatoon can provide all of the above — and the best part is that there's no experience required.

"There aren't any prerequisites — that's the beauty of becoming a fitness instructor," said Kimberly Willison, Course Conductor for the Saskatchewan Parks and Recreation Association (SPRA). "We train you how to do it all."

Instructors teach aquatic fitness, dryland fitness — including cycle, step, yoga and more — and classes specific to older adults. To become certified, you first take the SPRA Exercise Theory course, and from there, you can choose course modules based on what you'd like to teach. CPR and Standard First Aid are also required.

Willison notes that being a fitness instructor comes with both extrinsic benefits — like a complimentary LeisureCard — and intrinsic ones, too.

"Being a fitness instructor is one of the most rewarding careers. It allows you to be physically active and gives you the good feeling of knowing you're helping others live their best lives," she said. "I hope to teach as long as I can, well into my retirement years!"

To learn more about becoming a fitness instructor, visit [saskatoon.ca/fitnessinstructor](http://saskatoon.ca/fitnessinstructor).



L-R: Christine Meyers, Kimberly Willison, Jo Ann Hyde, Deb Edminson. Christine Meyers teaches Aqua, Older Adult and Total Body Conditioning; Jo Ann Hyde teaches Aqua, Urban Poling and Yoga; and Deb Edminson teaches Aqua and Older Adult.



## LEISURE CENTRES

Cosmo Civic Centre (CCC)	306-975-3344
Harry Bailey Aquatic Centre (HBC)	306-975-3321
Lakewood Civic Centre (LWC)	306-975-2944
Lawson Civic Centre (LCC)	306-975-7873
Saskatoon Field House (SFH)	306-975-3354
Shaw Centre (SCC)	306-975-7744

[saskatoon.ca/leisurecentres](http://saskatoon.ca/leisurecentres)