

FIND YOUR FIT

at our Indoor Leisure Facilities!

DUE TO UNFORESEEN CIRCUMSTANCES, FACILITY SCHEDULES MAY CHANGE.
NEW! Easy, quick, click! Find Your Fit with Drop-in Online. Get the latest drop-in classes on saskatoon.ca (look under 'D' for Drop-in Online). Search by Leisure Centre, program name, day and/or your favourite instructor to customize your perfect fitness routine!



GENTLE CLASSES

Ideal for older adults looking for a slower pace or people with limited range of motion or reduced mobility.

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
Assisted Chair Yoga Improves flexibility and muscle tone. Gain a sense of well-being from this very gentle form of yoga using chair support. Great for those with physical or health limitations.			✓				
Functional Fitness Builds strength, corrects posture and balance. Utilizes stretching exercises and mild aerobic activity.	✓						
Gentle Aqua Motion Strengthens muscles and improves mobility, utilizing the buoyancy of water (waist to chest deep) to reduce the stress on joints.			✓	✓			
Gentle Fitness Yoga Builds strength as well as flexibility through the use of yoga and fitness movements.			✓	✓		✓	
Gentle Muscle Sculpt Sculpts muscles through gentle movements. Designed for participants 50 yrs +.				✓			

SMART START BEGINNER CLASSES

Designed for individuals who have never participated in fitness classes, but would like to start, and people wanting to renew their participation in a fitness routine after some time off.

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
🌀 Aqua Boxercise I Builds fitness through boxing techniques in the water. Footwork, sparring and cardio are all incorporated into one great workout.		✓	✓	✓			
🌀 Aqua Motion I Uses a variety of equipment and exercises in waist to chest-deep water. No swimming ability required.		✓	✓	✓		✓	
🌀 Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed.			✓			✓	
🌀 Beginner Fitness Yoga Incorporates strength conditioning and flexibility components with yoga-based movement. Not recommended for women who are pregnant.		✓	✓	✓	✓	✓	
🌀 Boxercise I Improves cardio using basic boxing techniques such as jabs, punches and kicks. A low impact cardio workout.							✓
🌀 Cardio & Core Increase endurance and build strength with this 40-minute cardio workout followed by a 20-minute core routine.						✓	
🌀 Cardio & Sculpt I Combines a cardio workout with free-weight instruction. Non-intimidating and easy to follow.			✓	✓			
🌀 Introduction to Nia Blends elements of martial arts, dance arts, and healing arts (i.e. yoga) into a fusion fitness workout. A complementary form of cardiovascular cross training that also develops greater flexibility, agility and strength.				✓			
🌀 Low Impact Focuses on a cardiovascular workout through energetic low-impact movements. Suitable for all fitness levels. Easy to follow.					✓		
🌀 Low Impact & Sculpt Combines cardiovascular, light weight training and flexibility exercises. Great overall body workout.			✓	✓			
🌀 Step I Introduces basic step patterns to the beginner. Fun and easy to follow.			✓		✓	✓	
🌀 Walk & Sculpt Begins with a brisk walk followed by a muscle strengthening routine using hand weights, tubing, or other equipment.			✓				

WHAT'S IN A NAME? Here's what the names indicate about the class:

CIRCUIT Rotate through cardio & strengthening stations.

MIXUP Each class offers a different type of cardio activity. Look for the schedule of activities posted at the facility of your choice.

& SCULPT First half cardio activity, second half strengthening exercises.

INTERVAL Alternate between cardio & strengthening exercises.

All classes have warm-up, stretching and cool down components.

DROP-IN FITNESS PROGRAMS Each class listed on these pages requires a separate payment of a general admission or the use of a LeisureCard to participate. In the checklist to the right of each description is the abbreviated code of where the class will be offered this season:

CCC Cosmo Civic Centre | HBC Harry Bailey Aquatic Centre | SCC Shaw Centre
 LCC Lawson Civic Centre | LWC Lakewood Civic Centre | SFH Saskatoon Field House
 TFT Fitness Circuit & Terry Fox Track

Please see the facility calendars on pages 14-25 for specific dates and times for each class offered.



DROP-IN FITNESS PROGRAM DESCRIPTIONS & LOCATIONS



INTERMEDIATE CLASSES

Designed for those who wish to progress from beginner fitness.

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
Aqua Boot Camp Add a splash to your boot camp workout! 50 minutes of cardio, core and muscular strength intervals with the added resistance of water. Challenge yourself and strengthen your body!						✓	
Aqua Motion II Provides a higher intensity workout for experienced participants with an extended cardio session. A follow-up to Aqua Motion I.		✓	✓			✓	
Boxercise II Get ready to rumble! Utilizes footwork, sparring and cardio for a fast-paced workout.			✓				
Boxercise Interval Alternates between boxercise and strengthening exercises. 75 minute class.					✓		
Cardio & Sculpt II Begins with an energetic cardio session followed by a muscle strengthening session.				✓	✓		
Cardio & Sculpt Interval Alternates between cardio and strength building exercises for a complete workout using various types of equipment.				✓	✓	✓	
Cardio Mixup Spices up your workout regime with a variety of techniques. Come prepared for anything from interval and hi/low aerobics to boxercise.			✓	✓	✓	✓	
Deep Water Aqua Motion Minimizes joint stress, using flotation belts to provide support while you work out in the deep end.		✓				✓	
Fitness Yoga for Runners Emphasizes muscular power, endurance, flexibility, and the value of relaxation related to the muscles, tendons and ligaments used for running.					✓		
Hi/Low Aerobics Combines high and low impact moves for a great cardiovascular workout.					✓		
Intermediate Fitness Yoga Focuses on longer poses, linking breath to poses, and incorporating pose variations that challenge body and mind.			✓	✓	✓		
Muscle Sculpt Improves flexibility, muscular strength, and endurance with a variety of strengthening and stretching techniques as well as the use of equipment.				✓	✓		
On the Ball Uses exercise balls for a great total body workout. Limited class size.				✓	✓		
Spin Uses varying degrees of tension and technique through hills, speed drills, intervals, and strength and core endurance for an exhilarating workout. Maximum 28 participants.					✓		
Step II Step up to the challenge! Improves cardio endurance with combinations meant to challenge and motivate.			✓		✓		
Stretch & Sculpt Focuses on core body strength, flexibility and posture. Each class uses a variety of resistance equipment to sculpt and strengthen muscles and basic yoga stretches to increase flexibility and provide relaxation.					✓		
Zumba® Fitness Burn calories and get energized through movements that fuse Latin rhythms and easy-to-follow steps. Learn the steps to the four basic rhythms of meréngue, salsa, cumbia and samba.			✓	✓	✓	✓	

ADVANCED CLASSES

Ideal for those with previous fitness experience who want a serious workout.

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
Boot Camp Combines intervals of high intensity cardio with conditioning exercises using weights, bands, benches and balls. High energy and a willingness to sweat is a must!			✓	✓	✓	✓	
BOSU® Fitness Uses the BOSU® Ball to complement your fitness routine. Led by a Certified Personal Trainer.						✓	
Cardio & Sculpt III Combines 45 minutes of cardio with 45 minutes of muscle sculpt. The ultimate 90 minute workout!					✓		
Road Warrior Challenge yourself and your fitness level in this 75 minute spin class.					✓		

ACTIVE AGERS (50+)

Ideal for adults 50 and over who want to maintain fitness and stay independent.

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
Forever In Motion II Further develop your flexibility, strength and balance by learning functional exercises that will challenge you while improving your health.						✓	

FAMILY & TEEN FITNESS

	CCC	HBC	LWC	LCC	SFH	SCC	TFT
Family Open Gym An opportunity for the entire family to participate together in the gym. Various sports equipment is available.			✓				
Indoor Playground 8 yrs & under. Provides parents and children an opportunity to play and re-energize with a healthy dose of activity. Indoor playground includes games, toys and much more! Parents must be present.			✓	✓			
Open Gym Participate in your favourite gym activity. Shoot hoops, play floor hockey or choose your activity. Monitored by an Activity Leader.						✓	
Teen Open Gym FREE recreation programs for teens (ages 10-18). Play basketball with your friends or participate in your favourite gym activity. The gym is yours! The program is supervised by Activity Leaders.	✓						