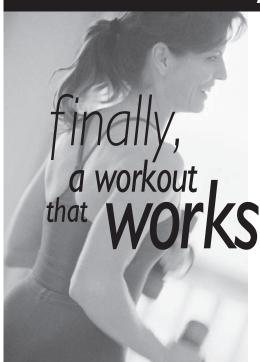


# **Registered Programs**

# **ADULT PROGRAMS**



Smart Start 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. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

- **Smart Start Guides** (available at www.saskatoon.ca)
- Smart Start Learn To Classes
- Personal/Group Fitness Consultations (look for the Smart Start symbol 3)
- Drop-in & Registered Classes (look for the Smart Start symbol 3)

Becoming more physically active will benefit you: PHYSICALLY - increase health-related quality of life MENTALLY - improve mental clarity, alertness and overall mood **EMOTIONALLY** - increase self-esteem and sense of worth







Look for the Smart Start symbol 3 on the facility drop-in calendars on pages 10-23 and in the Youth & Adult Programs section of the Leisure Guide (pages 38-40) for specific classes, dates, times and locations. For more information on Smart Start Programs call 306-975-7808.

#### **FITNESS**

#### **SMART START** BEGINNER FITNESS

SLearn to Fitness Yoga

No flexibility experience required. This intro to yoga will show you that yoga truly is for every 'body'. Breath and technique of a sun salutation and other poses are taught with the support and instruction needed to master these moves.

# **Shaw Centre**

Jan 9-23	F	07:00 PM-08:00 PM	\$15	38517
Cosmo Ci	vic Ce	entre		
Jan 8-22	Th	05:30 PM-06:30 PM	\$15	38627
Saskatoo	n Field	l House		
Jan 11-25	Su	01:00 PM-02:00 PM	\$15	38520

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Our LEARN TO CLASSES are truly designed with the beginner in mind. Each program includes three 45-minute sessions with an additional 15 minutes provided after each class to ask the instructor your individual questions. This program is designed to help you become comfortable and educated in the group fitness activities that you are interested in - giving you the skills and confidence to participate in our regular drop-in fitness classes. You will be provided with:

- Detailed instruction
- · Handouts with pictures and descriptions of moves and poses
- · Fitness education
- · A progressive fitness program to prepare you for further participation

# <sup>प्र</sup>Learn to Spin

No need to stop biking just because of cooler weather. An indoor ride can be just as thrilling as outdoor when you are taught how to pace, visualize and ride as a team. Hills, drills, core and technique are all included.

#### Saskatoon Field House

Jan 4-18	Su	11:15 AM-12:15 PM	\$15	38518
Feb 22-Mar 8	Su	11:15 AM-12:15 PM	\$15	38519
Shaw Cen	tre			
Jan 17-31	Sa	10:00 AM-11:00 AM	\$15	38524

# <sup>৪</sup>Learn to Pole Walk

A fun, rewarding class designed to teach the basics of pole walking in a safe learning environment. Increase energy, decrease tension, increase upper body strength, all while increasing balance, coordination and posture. Great for all fitness levels!

#### Saskatoon Field House

Jan 25-Feb 8 Su 01:15 PM-02:15 PM 38522 \$15

# SIntro to Strollin & Polin

50 yrs+. Learn the basics of pole walking in this friendly and social atmosphere. This one-hour class will give participants an opportunity to experience pole walking before committing to a full program. Great for all fitness levels. Poles are provided.

### Saskatoon Field House

01:30 PM-02:30 PM \$10.25 38523

#### SIntroduction to Lane Swimming

With a skill analysis, lane swim etiquette education and tips for stroke improvement you will feel completely prepared to start your lane swimming fitness regime. Shaw Centre

Jan 6	Tu	07:45 PM-08:15 PM	\$0	38525
Jan 8	Th	07:45 PM-08:15 PM	\$0	38526

#### PERSONAL/GROUP FITNESS **CONSULTATIONS**

Semi-Private Training (6 sessions-register together) Lakewood Civic Centre Saskatoon Field House Shaw Centre	\$205.75/ person 38109 38110 38111
Semi-Private Training (11 sessions-register together) Lakewood Civic Centre Saskatoon Field House Shaw Centre	\$3637 person 38112 38113 38114
Spersonal Training (3 Sessions) Lakewood Civic Centre Saskatoon Field House Shaw Centre	\$134.75 38115 38116 38117
Spersonal Training (6 Sessions) Lakewood Civic Centre Saskatoon Field House Shaw Centre	\$270 38118 38119 38120
SPersonal Training (11 Sessions) Lakewood Civic Centre Saskatoon Field House Shaw Centre	\$488.50 38121 38122 38123