

## ADULT PROGRAMS




finally,  
a workout  
that **works**

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](http://www.saskatoon.ca))
- Smart Start Learn To Classes
- Personal/Group Fitness Consultations  
(look for the Smart Start symbol )
- Drop-in & Registered Classes  
(look for the Smart Start symbol )

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  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

##### Learn 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 Civic Centre

Jan 8-22 Th 05:30 PM-06:30 PM \$15 38627

##### Saskatoon Field House

Jan 11-25 Su 01:00 PM-02:00 PM \$15 38520

##### 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 Centre

Jan 17-31 Sa 10:00 AM-11:00 AM \$15 38524

##### 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 \$15 38522

##### Intro 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

Jan 7 W 01:30 PM-02:30 PM \$10.25 38523

##### Introduction 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) **\$205.75/ person**

Lakewood Civic Centre	38109
Saskatoon Field House	38110
Shaw Centre	38111

#### Semi-Private Training (11 sessions-register together) **\$363/ person**

Lakewood Civic Centre	38112
Saskatoon Field House	38113
Shaw Centre	38114

#### Personal Training (3 Sessions) **\$134.75**

Lakewood Civic Centre	38115
Saskatoon Field House	38116
Shaw Centre	38117

#### Personal Training (6 Sessions) **\$270**

Lakewood Civic Centre	38118
Saskatoon Field House	38119
Shaw Centre	38120

#### Personal Training (11 Sessions) **\$488.50**

Lakewood Civic Centre	38121
Saskatoon Field House	38122
Shaw Centre	38123

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