

ADULT PROGRAMS

FITNESS

SMART START BEGINNER FITNESS

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
Apr 19-May 3 Su 11:15 AM-12:15 PM \$15 39973
Shaw Centre
Apr 11-25 Sa 10:00 AM-11:00 AM \$15 39981

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.

Saskatoon Field House
Apr 12-26 Su 12:30 PM-01:30 PM \$15 39977

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.

Introduction 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
Apr 1 W 01:30 AM-02:30 PM \$10.50 39983

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
Apr 14 Tu 07:45 PM-08:15 PM \$0 39978
Apr 16 Th 07:45 PM-08:15 PM \$0 39979

Introduction to BOSU® Fitness

Go beyond traditional forms of training by learning how to add the BOSU® ball to your workouts! BOSU® balls or half balls are known industry wide for training balance, enhancing flexibility and delivering an awesome cardio workout. Expand your movement capabilities, reshape your body and strengthen your mind. Limited space available, register today!

Shaw Centre
May 22-Jun 5 F 06:30 PM-07:30 PM \$32.50 39974

PERSONAL/GROUP FITNESS CONSULTATIONS

Semi-Private Training \$212.00/ (6 sessions-register together) person

Lakewood Civic Centre 40080
Saskatoon Field House 40081
Shaw Centre 40082

Semi-Private Training \$374.00/ (11 sessions-register together) person

Lakewood Civic Centre 40083
Saskatoon Field House 40084
Shaw Centre 40085

Personal Training \$139.00 (3 Sessions)

Lakewood Civic Centre 40086
Saskatoon Field House 40087
Shaw Centre 40088

Personal Training \$278.25 (6 Sessions)

Lakewood Civic Centre 40089
Saskatoon Field House 40090
Shaw Centre 40091

Personal Training \$503.25 (11 Sessions)

Lakewood Civic Centre 40092
Saskatoon Field House 40093
Shaw Centre 40094

Revamp Your Workout \$73.75

So you've been working out for a while but have yet to reach your goal? Maybe it's time to change it up. Our fitness consultants have the experience and creativity to put the burn back into your workout to get the results you want. (1-hour consultation & 1-hour training)

Lakewood Civic Centre 40095
Shaw Centre 40096
Saskatoon Field House 40097

Each personal training session includes a one-hour personal consultation. Before we can begin helping you achieve your goals, we will first need to meet with you to discuss your specific needs and requirements.

The **PERSONAL CONSULTATION** is an opportunity for you and your trainer to meet, build rapport, gather information as it relates to your physical health and wellness and process the information to develop an action plan. You and your trainer will discuss the following topics:

- Medical history • Exercise history
- Specific goals (short and long term)
- Developing an action plan for your success

OPTIONAL FITNESS ASSESSMENT: We offer an optional fitness assessment as a component of your personal training program**. The assessment will help determine your current level of fitness and identify areas of strength and improvement, providing you with a baseline from which you can set realistic and measurable goals. It will include:

- Height and Weight (BMI)
- Resting Heart Rate and Blood Pressure
- Body Composition Analysis
- Muscular Endurance
- Muscular Strength
- Flexibility

TRAINING SESSION: You are now ready to start your exercise program and begin your new fitness lifestyle! Your fitness consultant will have designed a program that keeps your goals, current fitness status and lifestyle needs in mind.

SERVICES OFFERED:

Personal Training: 3, 6 or 11 sessions

Semi-private Training: 6 or 11 sessions
(2 people - register together)

Youth Personal Training: 3, 6 or 11 sessions

**fitness assessments available at SFH and SCC only

Did You Know?

All City of Saskatoon Fitness Consultants are certified through the Canadian Society of Exercise Physiology (CSEP). CSEP is a national organization that promotes a professional and ethical approach in the physical activity, fitness and lifestyle appraisal industry. Enhance your experience at any of the Leisure Centres by visiting our CSEP Fitness Consultants, with CPT (Certified Personal Trainer) or CEP (Certified Exercise Physiologist) certifications:

CSEP CPT - Certified Personal Trainer The CPT certification recognizes individuals with formal post-secondary training in physical activity/exercise prescription focusing on Health-Related physical fitness.

CSEP CEP - Certified Exercise Physiologist The CEP certification is the only advanced health and fitness practitioner certification. It embodies a wide scope of practice, including training apparently healthy individuals and exercise related clinical knowledge for independent functioning individuals with disabilities or chronic diseases for whom physical activity is advocated as a form of therapy.

What is an Exercise Equipment Orientation (EEO)?

With the purchase of a LeisureCard, receive a complimentary 20-minute, scheduled orientation which includes:

- A lesson on how to operate cardio machines
- An introduction to weight room etiquette to make you feel at ease
- A quick facility tour to become familiar with your surroundings
- Answers to all of your questions

For more information or to schedule an EEO, please contact the Leisure Centre of your choice.