

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 )
- 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

Registered Programs

ADULT PROGRAMS

Revamp Your Workout \$71.50

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	38124
Shaw Centre	38125
Saskatoon Field House	38126

Home Fitness \$71.50

Want the privacy and flexibility of working out in your own home? Our fitness consultants will design you a program with minimal equipment and maximum results. (1-hour consultation & 1-hour training).

Lakewood Civic Centre	38127
Saskatoon Field House	38128
Shaw Centre	38129
Cosmo Civic Centre	38130
Lawson Civic Centre	38131
Harry Bailey Aquatic Centre	38132

Adult Basic Weight Training \$53.25

For the absolute beginner. This is a machine based program to ensure maximum safety and ease of use. A great start to your life long fitness journey. (1-hour program)

Lakewood Civic Centre	38133
Saskatoon Field House	38134
Shaw Centre	38135

Group Fitness Training \$105

Get fit how you want, when you want! Revive your workout with a choice of Fitness Yoga, Spin, Boot Camp or Core Body; you pick the date and time. Register for this one-hour group fitness program to improve overall fitness and conditioning, develop fundamental skills and have fun! Book one session or book multiple session up to 20 people. Available to: sports teams (cross-training), employee fitness and groups.

Saskatoon Field House	38626
Shaw Centre	38625

Information at your fingertips...
www.saskatoon.ca

FITNESS & HEALTH

Aqua Zumba®

Aqua Zumba® offers a new aquatic fitness experience for every fitness level. The class is set to Latin music and will challenge you to move and dance through the water. Participants will improve muscular and aerobic fitness all while having fun in the pool!

Shaw Centre	Jan 25-Mar 29	Su	09:05 AM-09:50 AM	\$63.75	37945
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Pilates®

This program focuses on the core postural muscles which help keep the body balanced. In particular, it will improve flexibility, balance and posture as well as tone and strengthen the entire body. This is a low impact exercise program with results in five weeks and a great class to fit your healthy lifestyle.

Cosmo Civic Centre	Jan 6-Mar 10	Tu	07:15 PM-08:15 PM	\$100.75	37944
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Bellies & Buns with Baby!

Ages 6 weeks to 6 months. Bring baby for a fun, flexible and challenging workout. Experience a combination of cardio, intervals, strength workouts and more. This is a great next step for those who have participated in the Walk & Stroller class or for those who just need a little more challenge. A baby carrier is recommended. Fussy baby? No problem!

Shaw Centre	Jan 28-Mar 25	W	01:15 PM-02:15 PM	\$46.25	37806
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Strollin' & Polin'

Take in and enjoy the many benefits of pole walking. Join this friendly social program for those 50+, as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.

Saskatoon Field House	Jan 12-Feb 6	M, W, F	01:30 PM-02:30 PM	\$41.50	37946
	Feb 9-Mar 4	M, W, F	01:30 PM-02:30 PM	\$41.50	37947
	Mar 6-27	M, W, F	01:30 PM-02:30 PM	\$41.50	37948

Walk & Stroller

Perfect for new parents and their babies. This walking based program focuses on a cardio workout while incorporating muscle strengthening exercises to tone your body.

Saskatoon Field House	Jan 13-Feb 5	Tu, Th	11:00 AM-12:00 PM	\$46.50	37803
	Feb 10-Mar 5	Tu, Th	11:00 AM-12:00 PM	\$46.50	37804

RECREATION

ARTS, CULTURE & RECREATION Chinese

Learn how to prepare authentic Chinese cuisine in this fun class. Led by a local chef.

Cosmo Civic Centre	Jan 18	Su	05:00 PM-08:00 PM	\$52.25	38491
	Jan 25	Su	05:00 PM-08:00 PM	\$52.25	38507

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 six 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 proper etiquette in the weight room 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 facility of your choice.