

REGISTERED PROGRAMS



**THE FIRST STEP
PROGRAM**

The First Step Program™

The First Step Program™ offers a supervised exercise and education program for individuals looking to make exercise a regular part of their life. This program is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease.

For more information or to register, please call 306-975-3121.

Saskatoon Field House

| | | |
|---------|------------|----------|
| Jan-Mar | Tu, Th, Sa | Mornings |
| | Tu, Th | Evenings |

SPECIALIZED WELLNESS PROGRAMS

Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatoon Health Region with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities. For more information or to register, please call 306-655-4595.

Saskatoon Field House

Stroke Exercise

| | | |
|---------|--------|-------------------|
| Jan-Mar | Tu, Th | 01:00 PM-02:30 PM |
|---------|--------|-------------------|

Parkinson's Exercise

| | | |
|---------|---------|-------------------|
| Jan-Mar | M, W, F | 01:30 PM-03:15 PM |
|---------|---------|-------------------|

*The First Step Program™ and the
Stroke and Parkinson's Exercise Program
are provided in partnership with:*



FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+

- Drop-in fitness programs (p. 10-21)
- Smart Start Beginner Fitness (p. 36-37)
- Learn to Classes (p. 36)
- The First Step Program™ (p. 38)
- Fitness & Health (p. 37)
- Specialized Wellness Programs (p. 38)
- Personal/Group Fitness Consultations (p. 36-37)



www.saskatoon.ca/fitover50 • 306.975.7808



LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE • LAKEWOOD CIVIC CENTRE • LAWSON CIVIC CENTRE
SASKATOON FIELD HOUSE • SHAW CENTRE • FITNESS CIRCUIT & TERRY FOX TRACK

Can't find the perfect registered program for you?

Exercise and have fun at your own convenience by taking advantage of public swim times and drop-in fitness classes. Options are available for all ages and lifestyles!

Check out pages 6-21 for information on Leisure Centres, admission rates and drop-in schedules.

38 Registration begins December 6 at 6PM!