

Fall 2025

FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+



The First Step Program™

Health Canada recommends adults take part in 150 minutes (or 30 minutes, 5 days/week) of moderate to vigorous physical activity per week. Regular physical activity has been proven to improve overall health, increase strength prolonging independence, improve sleep giving you more energy and prevent chronic conditions like cancer, diabetes and heart disease.

If you've noticed a decrease in your activity level and need support getting started, the First Step Program is here to help. For years, health care professionals have referred their clients to this program because they believe exercise is medicine. Guided by professional kinesiologists, the program provides expert-led exercise and education to empower your fitness journey. First Step is a partnership program between the City of Saskatoon, Recreation & Community Development Department and Saskatchewan Health Authority, Chronic Disease Management.

The program aims to provide a high-quality prevention / rehabilitation program for people with health concerns within Saskatoon and areas. Even if you are not familiar with regular exercise, or if your health concerns have limited regular exercise, you'll find First Step an important move towards improving your quality of life.

How does it work? The program has a two-point approach to wellness: education and exercise. Before you start, an exercise specialist will assess your individual needs and help you develop a plan to start exercising safely for your abilities. You'll also learn about goal setting, the benefits of physical activity, nutrition and healthy lifestyle habits.

When does it run? The First Step Program™ runs mornings and evenings on Tuesday and Thursday at the

What's inside?

Drop-in Programs • Registered Programs

Spotlight on Fitness: Shannon Dyle-Kenny,
First Step Coordinator

Specialized Wellness Programs

Saskatoon Field House. The initial program is four months long, and you can start at any time of the year.

After you've completed the program, you can stay on as a graduate, or use what you've learned to exercise on your own.

How do I get started? Participants can talk to their doctor about a referral or refer themselves to the program. An application form is needed prior to starting the program. To have one mailed to you call 306-975-3121, or you can print an application form at saskatoon.ca/firststep.

Refer to the spotlight section on the following page to learn more about the program from Shannon Doyle-Kenny, First Step Program Coordinator.



LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE* • LAKEWOOD CIVIC CENTRE
LAWSON CIVIC CENTRE • SASKATOON FIELD HOUSE • SHAW CENTRE

*Closed for facility upgrades



Drop-in Programs

Drop in for fun and fitness at the City of Saskatoon Leisure Centres! Access drop-in programs with a paid admission, City of Saskatoon LeisureCard or Bulk Tickets. Visit dropinschedule.saskatoon.ca to view program times.

INSTRUCTOR-LED PROGRAMS

Aqua Fitness/Gentle Aqua Fitness Strengthens muscles and improves mobility, utilizing the buoyancy of waist to chest deep water. No swimming ability required. **LWC, LCC, SCC**

Chair Yoga Incorporates strength and flexibility components with yoga-based movements using chair support. **LWC, LCC, SCC, SFH**

Deep Water Aqua Fitness Minimizes joint stress using flotation belts to provide support while you work out in the deep end. **SCC***

**Tethers may be utilized during class at Shaw Centre.*

Fitness Yoga Introduces fundamental strength conditioning and flexibility components with yoga-based movement. **CCC, LWC, LCC, SFH, SCC**

Functional Fitness Prepares your body for real life movements through strength training, balance, range of motion and mobility exercises. **CCC, LCC, SCC**

Gentle Fitness Yoga A slower paced class with emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LCC, LWC, SCC**

Low Impact & Sculpt Combines cardiovascular, light weight training and flexibility exercises. **LWC, LCC**

Pickleball Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**

New! Strollin' & Polin' An instructor-led session incorporating pole walking, strength and stretch components. Poles are provided and are optional during this program. **SCC**

Walk & Sculpt A brisk walk followed by a muscle strengthening routine. **CCC, LWC, SCC**



CCC Cosmo Civic Centre • LWC Lakewood Civic Centre
LCC Lawson Civic Centre • SFH Saskatoon Field House
SCC Shaw Centre

Save with Bulk Tickets & LeisureCards!

BULK TICKETS Buy 10 general admissions at a discounted price! Bulk Tickets never expire, are transferable and make great gifts.

LEISURECARD Get unlimited access to all six Leisure Centres, outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit these facilities more than two times per week.

Learn more at saskatoon.ca/admissions.

SELF-DIRECTED PROGRAMS

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. **LWC, LCC*, SCC**

**Deep Water Aqua Walk also available.*

Walking Tracks Set your pace at one of the City indoor tracks no matter the weather:
Shaw Centre: Three-lane, 165 m
Saskatoon Field House: Six-lane, 200 m
Terry Fox Track (Saskatoon Sports Centre): Two-lane, 365 m

Fitness & Weight Rooms Available at every Leisure Centre. Equipment varies.

Lane Swim 25 m and 50 m (only at Shaw) available for self-directed fitness. **LWC, LCC, SCC**

Public Swim Open to everyone. **LWC, LCC, SCC**

Registered Programs

Register at least **one week** prior to start of class.
Refer to the back of this brochure for information on how to register.

BEGINNER FITNESS

Classes offer fitness opportunities, resources and education for those new or returning to an active lifestyle. Class content is designed to build confidence and ensure participant safety.

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

Lakewood Civic Centre

Sep 10-24 W 05:30 PM-06:30 PM \$15.00 LW4327-01

Shaw Centre

Oct 3-17 F 07:00 PM-08:00 PM \$15.00 SC4327-01

Introduction to Pickleball Pickleball combines elements of badminton, tennis and table tennis and is great for all ages and skill levels. Participants will learn the basics of the sport in a friendly environment. Equipment is provided. Space is limited, please call the facility in advance to reserve a spot.

Cosmo Civic Centre

Sep 6-20 Sa 09:15 AM-10:15 AM \$42.00 CC4320-01

Saskatoon Field House

Sep 8-22 M 07:00 PM-08:00 PM \$42.00 FH4320-01

Sep 8-22 M 08:00 PM-09:00 PM \$42.00 FH4320-02

Sep 10-24 W 07:00 PM-08:00 PM \$42.00 FH4320-03

Sep 10-24 W 08:00 PM-09:00 PM \$42.00 FH4320-04

Oct 6-27 M 07:00 PM-08:00 PM \$42.00 FH4320-05

Oct 6-27 M 08:00 PM-09:00 PM \$42.00 FH4320-06

Oct 8-22 W 07:00 PM-08:00 PM \$42.00 FH4320-07

Oct 8-22 W 08:00 PM-09:00 PM \$42.00 FH4320-08

Nov 8-22 Sa 01:00 PM-02:00 PM \$42.00 FH4320-09

Nov 8-22 Sa 02:00 PM-03:00 PM \$42.00 FH4320-10

Dec 6-20 Sa 01:00 PM-02:00 PM \$42.00 FH4320-11

Dec 6-20 Sa 02:00 PM-03:00 PM \$42.00 FH4320-12

Registered Programs continued on back page >

Spotlight on Fitness:

Shannon Doyle-Kenny, First Step Coordinator

The City of Saskatoon proudly employs Canadian Society for Exercise Physiology (CSEP) Certified Exercise Professionals, ensuring the highest standard of care in exercise science. "As the First Step Coordinator and a CSEP-CEP (Clinical Exercise Physiologist), I'm committed to keeping the First Step team informed with the most up-to-date practices to deliver safe and effective exercise prescriptions for clients of all ages", explains Shannon Doyle-Kenny.



"In my role, I meet with each participant at the start to discuss goals and find out how we can support them to reach their goals," says Doyle-Kenny. "The team of Kinesiologists with the First Step Program™ work together to build confidence while creating realistic steps to reach participants' goals."

"Everyone's exercise journey is different. Some participants may start with walking on the track and specialized cardiovascular equipment to start moving, then gradually add in functional strength exercise. Other times it is strengthening on specialized equipment to make walking into the building easier before walking the track is possible," says Doyle-Kenny.

This strength program includes four major functional movements including push, pull, hip mobility for efficient safe lifting and sit-to-stand strength. These movements are utilized in our everyday activities — lifting and carrying groceries, putting things away on high shelves and the strength to rise from a chair or climb stairs.

Doyle-Kenny recommends the First Step Program™ to anyone needing support and motivation to take the first step towards feeling better and preventing health issues from becoming worse.

"The key is being there to support participants in creating new habits that may be too difficult for them to do on their own. We all know what is good for us, but sometimes it takes the motivation of others or even that accountability of checking their name off each day to create new habits to later continue on their own," says Doyle-Kenny.

"Hearing the many comments from First Step graduates about how this program has improved their lives truly fills my heart. It's the most rewarding outcome of all the work poured into making this a positive, uplifting experience that supports every participant's fitness journey."





New! FIT OVER 50 PERSONAL & GROUP EXERCISE TRAINING

Fit Over 50 Personal Training A Certified Personal Trainer will work with you to develop an exercise plan to achieve your health and wellness goals. One-hour sessions determined by you and your trainer.

3 Sessions	\$174.50
Lakewood Civic Centre	LW4657-01
Lawson Civic Centre	LC4657-01
Saskatoon Field House	FH4657-01
Shaw Centre	SC4657-01

Fit Over 50 Introduction to Weight Room Training

A Certified Personal Trainer will lead you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, basic movement patterns and proper technique to feel comfortable exercising independently.

Lawson Civic Centre

Sep 17-Oct 1 W 05:30 PM-06:30 PM \$52.25 LC4656-01

Lakewood Civic Centre

Nov 8-22 Sa 10:30 AM-11:30 AM \$52.25 LW4656-01

Shaw Centre

Oct 1-15 W 10:00 AM-11:00 AM \$52.25 SC4656-01

How to Register

Leisure Online at leisureonline.saskatoon.ca

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Signing up for your favourite City of Saskatoon programs is easier than ever.

Phone or visit the Leisure Centre of your choice:

Cosmo Civic Centre	3130 Laurier Drive	306-975-3344
Lakewood Civic Centre	1635 McRocher Drive	306-975-2944
Lawson Civic Centre	225 Primrose Drive	306-975-7873
Saskatoon Field House	2020 College Drive	306-975-3354
Shaw Centre	122 Bowlf Crescent	306-975-7744

Fit Over 50 Small Group Training A Certified Personal Trainer will lead you through a small group (up to six people) exercise program tailored to all fitness levels ensuring that each session is not only progressive but also supportive and enjoyable. You will feel a sense of achievement in the pursuit of your health and wellness goals.

Lakewood Civic Centre

Sep 15-Oct 6	M	01:00 PM-01:45 PM	\$82.50	LW4520-01
Nov 3-24	M	01:00 PM-01:45 PM	\$82.50	LW4520-02

Lawson Civic Centre

Oct 2-23	Th	05:45 PM-06:30 PM	\$82.50	LC4520-01
Oct 30-Nov 20	Th	05:45 PM-06:30 PM	\$82.50	LC4520-02

Saskatoon Field House

Oct 9-30	Th	10:30 AM-11:15 AM	\$82.50	FH4520-01
----------	----	-------------------	---------	-----------

GENERAL FITNESS

Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

Strollin' & Polin' Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

Saskatoon Field House

Sep 8-Oct 1	M/W/F	01:15 PM-02:15 PM	\$53.50	FH4365-01
Oct 6-29	M/W/F	01:15 PM-02:15 PM	\$53.50	FH4365-02
Nov 3-24	M/W/F	01:15 PM-02:15 PM	\$53.50	FH4365-03



Stay Connected!

Subscribe to the Fit Over 50 eNewsletter to receive program updates delivered to your inbox.

Visit saskatoon.ca/fitover50 or scan the QR code to subscribe now.



For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Fall Leisure Guide, call 306-975-7808, or visit saskatoon.ca/leisureguide.