

Spring/Summer 2026

# FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+



## The Benefits of Pilates for Adults 50+

Staying active after 50 is one of the most powerful ways to support long-term health, independence and overall wellbeing. Pilates is an ideal option because it's lowimpact, adaptable and designed to strengthen the body through controlled, mindful movement. Whether you're new to exercise or looking to enhance your current routine, Pilates offers benefits that make everyday life feel easier and more enjoyable.

### Strength and Mobility

Pilates strengthens the core. These are the muscles that support balance, posture and everyday movement. Through gentle, controlled movements, Pilates will help to improve flexibility, reduce stiffness and promote better alignment to help ease back and joint discomfort. Because Pilates trains the whole body evenly, it enhances stability and coordination while lowering the risk of falls and injuries. Many adults over 50 also benefit from improved bone density, balance and overall mobility, making daily activities feel smoother and more comfortable.

### Mental Wellness

Pilates is as much about the mind as the body. The focus on breath and controlled movement creates a calming, meditative experience that reduces stress and supports a more positive mood. Improved focus, mental clarity and better sleep are common benefits as well.

## What's inside?

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April Townsend, Mat Pilates Instructor  
Specialized Wellness Programs

### Energy and Healthy Aging

Pilates boosts energy rather than draining it, making it a sustainable part of a healthy lifestyle. It can assist with weight management, support immune health and accommodate a wide range of fitness levels.

It also offers a meaningful social connection; a chance to move, laugh and build community. If you're interested in experiencing these benefits firsthand, our new drop-in Mat Pilates class runs Tuesdays from 9:00 to 10:00 a.m. at Lawson Civic Centre and Wednesdays from 10:45 to 11:45 a.m. at the Saskatoon Field House. It's a welcoming, accessible way to stay active and feel your best.

To learn more, turn to the inside page for the spotlight interview with Pilates instructor April Townsend.

## Find Your Fit Information Sessions

Whether you're a longtime visitor or brand new to the Leisure Centres, we invite you to a 90-minute session to learn more about our fitness programs and admission options. You'll also get a tour of the facility and see all the amenities available.

### Saskatoon Field House

Mon, May 4: 9:00 AM-10:30 AM  
Tue, May 12: 10:00 AM-11:30 AM

### Lakewood Civic Centre

Wed, May 6: 9:00 AM-10:30 AM  
Thu, May 7: 7:00 PM-8:30 PM

### Shaw Centre

Wed, May 13: 10:00 AM-11:30 AM  
Thu, May 14: 6:00 PM-7:30 PM

### Lawson Civic Centre

Sun, Apr 19: 10:30 AM-12:00 PM  
Tue, Apr 21: 7:00 PM-8:30 PM



# 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](http://dropinschedule.saskatoon.ca) to view program times.



### INSTRUCTOR-LED PROGRAMS

- **Aqua Fitness/Gentle Aqua Fitness** Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is 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** Builds strength, balance and mobility for everyday movement. **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**

### Save with Bulk Tickets & LeisureCards!

**BULK TICKETS** Buy 10 for less than the price of 8! 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](http://saskatoon.ca/admissions).

- **NEW! Mat Pilates** Build core strength, improve flexibility and restore balance to your body through Pilates. **LCC, SFH.**
- **Pickleball** Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**
- **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**

### 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**

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



# Spotlight on Fitness

## April Townsend, Mat Pilates Instructor

With 38 years of experience as a fitness instructor and a Pilates certification earned in 2018, April Townsend brings great knowledge and contagious enthusiasm to every class she leads. Although she teaches a wide range of classes including Aqua Fitness, Cardio & Sculpt, Muscle Sculpt, and Walk & Sculpt, Pilates holds a special place in her heart. "Pilates teaches you different things about your body," she explains. "It helps you lengthen and strengthen from the inside out."

April's Mat Pilates class at the Saskatoon Field House begins with a gentle warm-up focused on breathing and imprinting, two foundational principles that prepare the body for movement. From there, participants transition to the mat, working through a carefully sequenced series of exercises designed to build efficiency and reduce tension. The beginner program includes 21 exercises and April ensures each class feels familiar while still offering something new to encourage progress.



Fun is nonnegotiable in her sessions. "You can't leave with a scowl on your face. You have to laugh," she says with a smile. She also ends every class with a practical takeaway tip so participants can continue their learning beyond the class.

For April, the greatest benefits of Pilates are improved core strength and posture—changes that, she notes, naturally support a more positive mindset. "When you stand tall, you feel better," she says.

Meet April and try out the drop-in Mat Pilates class on Tuesdays from 9:00 to 10:00 a.m. at Lawson Civic Centre or Wednesdays from 10:45 to 11:45 a.m. at the Saskatoon Field House.

## 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

Apr 1-15 W 05:30 PM-06:30 PM \$15.00 LW2327-01

- **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.

#### Saskatoon Field House

Apr 13-27	M	07:00 PM-08:00 PM	\$44.25	FH2320-01
Apr 13-27	M	08:00 PM-09:00 PM	\$44.25	FH2320-02
May 4-25	M	07:00 PM-08:00 PM	\$44.25	FH2320-03
May 4-25	M	08:00 PM-09:00 PM	\$44.25	FH2320-04
May 5-19	Tu	01:00 PM-02:00 PM	\$44.25	FH2320-05
May 5-19	Tu	02:00 PM-03:00 PM	\$44.25	FH2320-06
May 5-19	Tu	07:00 PM-08:00 PM	\$44.25	FH2320-07
May 5-19	Tu	08:00 PM-09:00 PM	\$44.25	FH2320-08
May 7-21	Th	11:00 AM-12:00 PM	\$44.25	FH2320-09
May 7-21	Th	12:00 PM-01:00 PM	\$44.25	FH2320-10
May 7-21	Th	07:00 PM-08:00 PM	\$44.25	FH2320-11
May 7-21	Th	08:00 PM-09:00 PM	\$44.25	FH2320-12



## 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 \$179.75

**Lakewood Civic Centre** LW3657-01

**Lawson Civic Centre** LC3657-01

**Saskatoon Field House** FH3657-01

**Shaw Centre** SC3657-01

- **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.

**Lakewood Civic Centre**

May 2-16 Sa 10:30 AM-11:30 AM \$53.75 LW2656-01

**Lawson Civic Centre**

Apr 15-29 W 05:30 PM-06:30 PM \$53.75 LC2656-01

**Shaw Centre**

May 13-27 W 10:00 AM-11:00 AM \$53.75 SC2656-01

**Saskatoon Field House**

May 1-22 F 10:30 AM-11:15 AM \$53.75 FH2520-01

- **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**

Apr 13-May 4 M 01:00 PM-01:45 PM \$85.00 LW2520-01

**Lawson Civic Centre**

Apr 16-May 7 Th 05:45 PM-06:30 PM \$85.00 LC2520-01

May 14-Jun 4 Th 05:45 PM-06:30 PM \$85.00 LC2520-02

**Saskatoon Field House**

May 1-22 F 10:30 AM-11:15 AM \$85.00 FH2520-01

## 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

Apr 8-May 4 M/W/F 01:15 PM-02:15 PM \$55.25 FH2365-01

May 6-29 M/W/F 01:15 PM-02:15 PM \$55.25 FH2365-02

## Specialized Wellness Programs

### The First Step Program™

The First Step Program™ offers supervised exercise and education components for individuals looking to make exercise a regular part of their life. It is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol and/or chronic kidney disease. You can begin at any time. For more information and to complete the application form online visit [saskatoon.ca/firststep](http://saskatoon.ca/firststep). If you have questions please call 306-975-3121.

*This program is offered in partnership with the Saskatchewan Health Authority.*

### Saskatoon Field House

Tu & Th 8:00 AM-11:30 AM and/or 4:30 PM-07:30 PM

*Your start and end time is up to you as long as you are done within the program time.*

## How to Register

### Leisure Online at [leisureonline.saskatoon.ca](http://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 McKercher 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 Bowlt Crescent 306-975-7744

## Stay Connected!

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

Visit [saskatoon.ca/fitover50](http://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 Spring/Summer Leisure Guide, call 306-975-7808, or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).**