

ADULT RECREATION PROGRAMS

REGISTERED PROGRAMS

SMART START BEGINNER FITNESS

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!

Look for the Smart Start symbol **S** in the Youth and Adult Programs sections on pages 35-37 and in the Leisure Centre drop-in program section on pages 10-21 to find a program that is right for you.

S 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.

Lawson Civic Centre

Oct 13-27 Sa 04:00 PM-05:00 PM \$15.00 LC4327-01

Saskatoon Field House

Sep 8-22 Sa 02:15 PM-03:15 PM \$15.00 FH4327-01

Shaw Centre

Oct 12-26 F 07:00 PM-08:00 PM \$15.00 SC4327-01

S Learn to Step

Step into a fun cardiovascular workout! Simplified moves and supported instruction will help you master the basic moves.

Saskatoon Field House

Sep 8-22 Sa 02:30 PM-03:30 PM \$15.00 FH4334-01

S Learn to Group Cycle

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

Sep 9-23 Su 01:45 PM-02:45 PM \$15.00 FH4333-01

Shaw Centre

Oct 14-28 Su 09:15 AM-10:15 AM \$15.00 SC4333-01

New! **S** Learn to Suspension Circuit Train

Learn the basics in a safe environment. An adaptable workout using your body weight to work against a challenging system of suspended straps. Increase energy and strength while improving your balance, coordination and posture. 45 minutes of instruction with 15 minutes for further exploration.

Shaw Centre

Oct 13-27 Sa 11:00 AM-12:00 PM \$15.00 SC4628-01

S 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

Oct 1-5 M/W/F 01:30 PM-02:30 PM \$15.00 FH4330-01

S 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 regimen.

Shaw Centre

Nov 29 Th 06:15 PM-06:45 PM \$0.00 SC4168-01

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 and
- A progressive fitness program to prepare you for further participation.

S 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

Oct 16-30 Tu 06:00 PM-07:00 PM \$31.75 FH4320-01

Oct 16-30 Tu 07:00 PM-08:00 PM \$31.75 FH4320-02

Oct 20-Nov 3 Sa 02:00 PM-03:00 PM \$31.75 FH4320-03

Oct 20-Nov 3 Sa 03:00 PM-04:00 PM \$31.75 FH4320-04

Nov 10-24 Sa 02:00 PM-03:00 PM \$31.75 FH4320-05

Nov 10-24 Sa 03:00 PM-04:00 PM \$31.75 FH4320-06

PERSONAL/GROUP FITNESS CONSULTATIONS

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.

*Fitness assessments available at SFH and SCC only

S Semi-Private Training \$231.50/ person

(6 sessions-register together)

Lakewood Civic Centre

LW4356-01

Lawson Civic Centre

LC4356-01

Saskatoon Field House

FH4356-01

Shaw Centre

SC4356-01

S Semi-Private Training \$408.50/ person

(11 sessions-register together)

Lakewood Civic Centre

LW4355-01

Lawson Civic Centre

LC4355-01

Saskatoon Field House

FH4355-01

Shaw Centre

SC4355-01

S Personal Training \$151.75

(3 Sessions)

Lakewood Civic Centre

LW4346-01

Lawson Civic Centre

LC4346-01

Saskatoon Field House

FH4346-01

Shaw Centre

SC4346-01

S Personal Training \$304

(6 Sessions)

Lakewood Civic Centre

LW4345-01

Lawson Civic Centre

LC4345-01

Saskatoon Field House

FH4345-01

Shaw Centre

SC4345-01

S Personal Training \$549.75

(11 Sessions)

Lakewood Civic Centre

LW4344-01

Lawson Civic Centre

LC4344-01

Saskatoon Field House

FH4344-01

Shaw Centre

SC4344-01

S Revamp Your Workout \$80.50

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

LW4353-01

Lawson Civic Centre

LC4353-01

Saskatoon Field House

FH4353-01

Shaw Centre

SC4353-01

S Home Fitness \$80.50

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).

Cosmo Civic Centre

CC4317-01

Harry Bailey Aquatic Centre

HB4317-01

Lakewood Civic Centre

LW4317-01

Lawson Civic Centre

LC4317-01

Saskatoon Field House

FH4317-01

Shaw Centre

SC4317-01

S Adult Basic Weight Training \$60

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

LW4302-01

Lawson Civic Centre

LC4302-01

Saskatoon Field House

FH4302-01

Shaw Centre

SC4302-01