

fit^{ness} outdoor classes

SUMMER 2019

ALL CLASSES ARE FREE!

Time 12:05 - 12:50 p.m.

Kiwanis Park North *

(north of the Delta Bessborough Hotel on Spadina Crescent)
Meet: Kiwanis Park washrooms *unless otherwise indicated*

PILATES CORE FUSION

June 4, 6, 11 & 13

Provided by: Lead Pilates

Combines the movement of a Pilates mat class with postural, core strengthening and toning benefits of our famous Essentrics and Pilates Barre classes. Maximum of 25 participants.

Register: bit.ly/pilatespark2019
Starting May 15

LEARN TO MOVE

June 18, 20, 25 & 27

Provided by: Craven S.P.O.R.T Services

Learn how to properly warm up for exercise, functional movement patterns, and circuit style strength training utilizing body weight, and free weights. Register individually or with a partner. Maximum 20 participants.

Register: cass@cravensportservices.ca
Starting May 30

ALL LEVELS FLOW

July 2, 4, 9 & 11

Provided by: Ground Yoga

Focus on linking conscious breath with a mindful flow using strength, energy and flexibility. All ages and levels welcome. Bring a mat. Maximum of 25 participants.

Register: groundyoga@gmail.com
Starting June 15

PHYSIQUE

July 16, 18, 23 & 25

Provided by: Motion Fitness

Cardiovascular program of isometric exercises and orthopedic stretches. Tone your body, strengthen your legs and back, and improve posture. Bring a mat. Maximum of 25 participants.

Register: motioninthepark@gmail.com
Starting June 30

FITNESS KICKBOXING

July 30; Aug 1, 6 & 8

Provided by: I Love Kickboxing.com

Learn to strike proper techniques while working every muscle in your body. A fighter's conditioning workout without the fight! Maximum of 16 participants.

Register: terihong@ilovekickboxing.com
Starting July 15

URBAN POLING

Aug 13, 15, 20 & 22

Provided by: City of Saskatoon Leisure Centre
Location: George Ward Pool grounds

A joint-friendly, full body cardio and muscular workout. Pole walking instruction followed by a walk in Holliston Park. Poles provided. Maximum of 25 participants.

Register: Saskatoon Field House
306-975-3354
Starting July 30

Time 6:15 - 7:00 p.m.
George Ward Pool (beside the pool)

Meet: On the hill

PILATES CORE FUSION

July 8, 10, 15 & 17

Provided by: Lead Pilates

Combines the movement of a Pilates mat class with postural, core strengthening and toning benefits of our famous Essentrics and Pilates Barre classes. Maximum of 25 participants.

Register: bit.ly/pilatespool2019
Starting June 15

CONDITIONING

July 24 & 31

Provided by: We Move SK

Keep your brain and body challenged in this amazing workout using TRX, kettlebells, kickboxing and more! All fitness levels are welcome including pre/postnatal. Maximum of 25 participants.

Register: wemovesk.com/events
Starting June 30

POUND® ROCKOUT

July 22 & 29

Provided by: We Move SK

POUND® is a fun and unique exercise method using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. Bring a mat. Maximum of 45 participants.

Register: wemovesk.com/events
Starting June 30



Pre-registration for individual classes required.

Classes are weather-dependent. Bring a towel, water, sunscreen and wear appropriate attire.

INFORMATION

306-975-7808

Program partners:



Physical Activity - do it for life!



City of Saskatoon