

## Smart Start Beginner Fitness

### Finally, a workout that works!

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.



#### • Smart Start Introductory classes

These single session classes will introduce you to the basics before starting your own fitness regime or program.

- 3 Introduction to Strollin' & Polin' SFH
- 3 Introduction to Lane Swim SCC

For more information on Smart Start programs call 306-975-7808. Registration information can be found on page 30 of the Spring/Summer Leisure Guide or at [www.saskatoon.ca/leisureguide](http://www.saskatoon.ca/leisureguide).

Registration must be done at least **one week** prior to start of class. See below for information on how to register.

#### • Smart Start Learn To Classes

Designed with the beginner in mind, our Learn To Classes include three 45-minute sessions with an additional 15-minutes provided after each class to ask the instructor your individual questions.

- 3 Learn to Fitness Yoga SFH
- 3 Learn to Spin SCC, SFH

#### • Get Motivated with a Personal Trainer

A fitness consultant will keep your goals, current fitness status and lifestyle needs in mind while developing a training program that is right for you. For more information about personal training options call 306-975-7808.

## The First Step Program™



THE FIRST STEP  
PROGRAM

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol, and/or chronic kidney disease, First Step can help to improve your quality of life and help reduce the risk of developing future health concerns.

The First Step Program is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. You will be assigned

a highly trained exercise specialist who will assess your own individual needs and design an exercise program specifically for you.

Exercise sessions are three times per week at the Saskatoon Field House (Tuesday & Thursday mornings & evenings and Saturday mornings).

For more information and application forms, please call 306-975-3121 or visit [www.saskatoon.ca/firststep](http://www.saskatoon.ca/firststep).

## Find Your Fit at the Fitness Circuit & Terry Fox Track

Are you looking to improve your health and physical condition and tired of traditional gyms? Circuit-style resistance machines are easy-to-use and offer an efficient, effective and safe total body workout in just minutes.

#### HOURS OF OPERATION

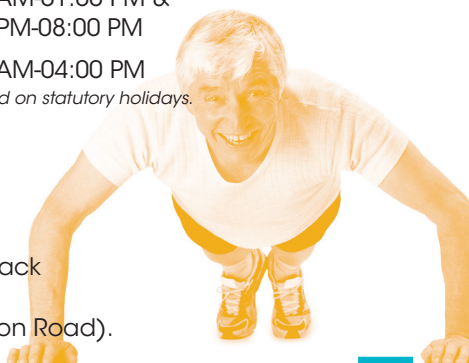
Monday - Friday 08:00 AM-01:00 PM & 04:00 PM-08:00 PM

Saturday & Sunday 10:00 AM-04:00 PM

The Fitness Circuit & Terry Fox Track is closed on statutory holidays.

Admission is  
only \$4.00

The Fitness Circuit & Terry Fox Track is located in the SaskTel Sports Centre in Forest Park (150 Nelson Road).



## how to register

In this flyer and in the City of Saskatoon Leisure Guide, you will find a variety of fitness, lifestyle and water safety programs that require pre-registration and may require payment of a class fee to participate.

#### Phone or visit the Leisure Centre of your choice:

**Cosmo Civic Centre** 3130 Laurier Dr. 306-975-3344  
**Harry Bailey Aquatic Centre** 1110 Idylwyld Dr. 306-975-3321  
**Lakewood Civic Centre** 1635 McKercher Dr. 306-975-2944  
**Lawson Civic Centre** 225 Primrose Dr. 306-975-7873  
**Saskatoon Field House** 2020 College Dr. 306-975-3354  
**Shaw Centre** 122 Bowlt Crescent 306-975-7744

#### 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. **NOTE:** you will require a Client ID# and Family Pin to use Leisure Online. Please contact any Leisure Centre in advance of registration to set up your account.

# FIT OVER 50

PROGRAMS



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 306-975-3121, or visit [www.saskatoon.ca/leisureguide](http://www.saskatoon.ca/leisureguide).

A guide to physical activity for people 50+

Spring/Summer 2015

# FIT OVER 50

PROGRAMS

## The Benefits of Aqua Motion

Water exercise is great for everyone, from athletes to people with chronic health conditions. Moving through water provides a natural resistance and aerobic exercise, strengthening core muscles and improving heart and lung capacity.

For those who find other forms of exercise too jarring, Aqua Motion is a perfect fit. It has a low risk of injury because the buoyancy adds support, and moving in water is a gentle, fluid motion. Swimming is also a good aerobic exercise for people with asthma, as the warm, moist pool environment can help asthmatics breathe better.

Aqua Motion classes consist of doing a variety of different movements in the water in an upright position, encouraging better posture and balance. The movements will also cross over into daily living activities because you're exercising while standing with a natural posture.

At the beginner classes, exercises are done in a shallower part of the pool, so even non-swimmers can come to an aqua class. It can be helpful to take a refresher class beforehand like Stroke Improvement, or an adult learn-to-swim program.

In addition to all these benefits, you can swim year-round and no special equipment is required – just a bathing suit, and maybe goggles. Aqua Motion is especially fun to do with others, so to have a fun time that also happens to be healthy, try out the classes at your local pool.

what's inside?

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Aqua Motion

& more!



City of  
Saskatoon

[www.saskatoon.ca](http://www.saskatoon.ca)

# 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. Interested? Refer to pages 14-27 of the Spring/Summer Leisure Guide for dates and times or visit [www.saskatoon.ca/leisureguide](http://www.saskatoon.ca/leisureguide).

**Aqua Motion I/Gentle Aqua Motion** Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is required. **HBC, LWC, LCC, SCC**

**Assisted Chair Yoga** Incorporates strength and flexibility components with yoga based movements using chair support. **LWC**

**Chair Assisted Fitness** This 60-minute class will help improve balance, flexibility, coordination and muscle strength without getting on the floor. Ideal for those with mobility or balance concerns. **LCC**

**Gentle Fitness Yoga** Builds strength as well as flexibility through the use of yoga and fitness movements. **LCC, LWC**

**Forever...in motion II** Learn functional exercises that will challenge you while improving your health. **SCC**



**Forever...in motion Aquatic** This class focuses on improving endurance, flexibility, strength and balance with functional exercises to maintain and improve mobility and keep you strong and healthy. **LCC**



**Functional Fitness** Utilizes stretching exercises and mild aerobic activity. **CCC**

**Low Impact** Easy to follow low impact cardio workout. Suitable for all fitness levels. **SFH**

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

**Urban Poling** Burn up to 46% more calories than regular walking. Improve your posture and core strength while reducing stress on hips, knees and ankles. **SFH, SCC**

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

**Walking on the Track or in the Pool** Flexible drop-in times at different facilities to suit your busy schedule. Bring a friend and enjoy a walk indoors (self-directed).

...and many more!

**Buy in bulk & save!** Bulk Tickets are a great discount admission option for those who use City of Saskatoon leisure facilities or attend drop-in fitness classes less than 10 times per month. Do you attend more often? A LeisureCard provides unlimited access with no contacts. Learn more by calling the Leisure Centre of your choice or by visiting [www.saskatoon.ca/admissions](http://www.saskatoon.ca/admissions).

**Easy. Quick. Click! with Drop-in Online.** Visit [www.saskatoon.ca/dropinonline](http://www.saskatoon.ca/dropinonline) for the latest drop-in schedules. Search by leisure facility, program name, your favourite instructor and/or day and time to customize your perfect routine!

# 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.

**3 Aqua Zumba®** Aqua Zumba® offers a new aquatic fitness experience for every fitness level. The class is set to Latin music and will challenge you to move and dance through the water. Participants will improve muscular and aerobic fitness all while having fun in the pool!

**Shaw Centre**  
Apr 12-Jun 7 Su 09:05 AM-09:50 AM \$65.75 39931

**3 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 1 M, W, F 01:00 PM-02:00 PM \$42.75 39933  
Apr 8-May 1 M, W, F 02:15 PM-03:15 PM \$42.75 39984  
May 4-29 M, W, F 01:30 PM-02:30 PM \$42.75 39985

“I have been taking aqua classes for years at Lawson Civic Centre. I have seen tremendous improvements in my osteoporosis and arthritis when I take the classes. At this time, I have no pain but it soon returns in summer when I don't go to classes. My osteoporosis has reversed to osteopenia (before osteoporosis) with exercise and medication.” - Julia P.

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 306-975-3121, or visit [www.saskatoon.ca/leisureguide](http://www.saskatoon.ca/leisureguide).

# Spotlight on Fitness: Aqua Motion



Erin Berger was severely overweight and in poor health when her mom encouraged her to try an Aqua Motion class. To her surprise, she enjoyed it! So much so, she eventually became an Aqua Motion instructor. She has since lost 100 pounds and she says taking that class changed her life.

Erin recognizes that the biggest challenge for some people is getting into a bathing suit, but she says taking that first step into the water is the hardest part.

“Once you get there, it's very comfortable. Everyone's so supportive. It's fun! I guarantee you, you'll laugh.”

Aqua Motion classes are all about moving in the water. Erin leads her class in movements that mimic sports like cross country and downhill skiing, skating and surfing. The instructors give different options from easier to harder so that you only have to work out at the level you're comfortable with.

The water diminishes gravity, making exercises easier for people who may struggle. The water also provides resistance, building muscular and core strength.

With drop-in classes at pools across the city, the best time to start is today! Check the Leisure Guide or go online [www.saskatoon.ca/dropinonline](http://www.saskatoon.ca/dropinonline) to find locations and times.

## City of Saskatoon Leisure Centres

CCC - Cosmo Civic Centre..... 306-975-3344  
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LWC - Lakewood Civic Centre ..... 306-975-2944  
LCC - Lawson Civic Centre ..... 306-975-7873  
SFH - Saskatoon Field House ..... 306-975-3354  
SCC - Shaw Centre..... 306-975-7744  
TFT - Fitness Circuit & Terry Fox Track... 306-975-7808