Winter 2027

FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+





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Small Group Training

Looking to build strength, improve mobility and feel more confident in a fitness room? Fit Over 50 Small Group Training offers a welcoming, supportive way to make physical activity part of your routine.

Small group training is offered for a variety of age groups, with Fit Over 50 created specifically for adults aged 50 and over. This program brings together a small group of up to six participants for guided training with a certified personal trainer. Over eight 45-minute sessions, you will follow a progressive program tailored to a range of fitness levels, abilities and personal wellness goals.

Whether you are new to exercise, returning after time away or looking for fresh motivation, your trainer will help you learn safe and effective techniques while building confidence using cardio and weight-training equipment. Sessions focus on practical movements that can support everyday life, including strength, balance, flexibility and overall mobility. Participants are encouraged to make steady progress at their own pace.

Small group training combines the individualized attention of a personal trainer with the encouragement of exercising alongside others who share similar goals. It is an opportunity to stay motivated, celebrate progress and enjoy the social benefits of being active in a comfortable, encouraging environment.

Fit Over 50 Small Group Training is available at the Saskatoon Field House, Lakewood Civic Centre and Lawson Civic Centre. Join us to discover how a consistent, personalized approach to fitness can help you move well, feel strong and support your health and wellness goals.

Class dates, times and registration details are listed inside this flyer.

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, Jan 4: 10:00 AM-11:30 AM
Wed, Jan 6: 06:00 PM-07:30 PM

Lakewood Civic Centre
Tu, Jan 12: 9:00 AM-10:30 AM
Thu, Jan 14: 6:30 PM-8:00 PM

Shaw Centre
Mon, Jan 18: 9:00 AM-10:30 AM
Thu, Jan 21: 6:00 PM-7:30 PM

Lawson Civic Centre
Sat, Jan 16: 10:00 AM-12:00 PM
Wed, Feb 24: 6:45 PM-8:15 PM

City of Saskatoon

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** 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. **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**

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**.

- **Low Impact & Sculpt** Combines cardiovascular, light weight training and flexibility exercises. **LWC, LCC**
- **Mat Pilates** Build core strength, improve flexibility and restore balance to your body through Pilates. **LCC, LWC, SFH, SCC.**
- **Pickleball** Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**
- **Walk & Sculpt** A brisk walk followed by a muscle strengthening routine. **CCC, LWC, SCC**

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

Deanna Cadrain, Exercise Therapist

For Deanna Cadrain, small group training is about more than exercise, it is about helping people feel welcome, capable and connected. Deanna is currently an Exercise Therapist with the First Step and Minds in Motion Programs, was among the first instructors to lead the 50+ small group training program and regularly supports participants as a weight room attendant. She also holds a CSEP-Certified Personal Trainer certification.

"The social aspect is what I love most," says Deanna. "It is important for people to have a reason to get out, connect with others and feel part of a group."

Deanna enjoys seeing participants encourage one another and recognize what is possible at every stage of fitness. In a small group, members can see others progressing, which can make getting active feel more achievable, even when mobility or other limitations are a concern.

Her classes are designed to be adaptable. Deanna offers several exercise options so everyone can choose the version that feels right for their body, without feeling singled out or pressured to keep up.

"If you can get in the door, we will take it from there. There is no pressure and no intimidation—just come."

Whether you are new to exercise or returning after time away, small group training offers a supportive space to move, build confidence and connect with others.

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.

- ***NEW!* Learn to Pole Walk** Step into a fun cardiovascular workout! Simplified moves and supported instruction will help you master the basic moves.

  Saskatoon Field House

Jan 10-24	Su	01:00 PM-02:00 PM	$15.00	FH13

- **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

Jan 13-27	W	05:30 PM-06:30 PM	$15.00	LW1327-01



- **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

Jan 4-18	M	07:00 PM-08:00 PM	$44.25	FH1320-01
Jan 4-18	M	08:00 PM-09:00 PM	$44.25	FH1320-02
Jan 30-Feb 13	Sa	02:00 PM-03:00 PM	$44.25	FH1320-03
Feb 3-24	W	08:00 PM-09:00 PM	$44.25	FH1320-04
Mar 7-21	Su	11:00 AM-12:00 PM	$44.25	FH1320-05
Mar 7-21	Su	12:00 PM-01:00 PM	$44.25	FH1320-06
Mar 8-22	M	07:00 PM-08:00 PM	$44.25	FH1320-07
Mar 8-22	M	08:00 PM-09:00 PM	$44.25	FH1320-08

Registered Programs continued on back page >

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	LW1657-01
Lawson Civic Centre	LC1657-01
Saskatoon Field House	FH1657-01
Shaw Centre	SC1657-01

- **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

Jan 30-Feb 13	Sa	10:30 AM-11:30 AM	$53.75	LW1656-01

Lawson Civic Centre

Feb 10-24	W	05:30 PM-06:30 PM	$53.75	LC1656-01

- **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

Jan 4-25	M	01:00 PM-01:45 PM	$85.00	LW1520-01
Mar 1-22	M	01:00 PM-01:45 PM	$85.00	LW1520-02

Lawson Civic Centre

Jan 28-Feb 18	Th	05:45 PM-06:30 PM	$85.00	LC1520-01
Feb 25-Mar 18	Th	05:45 PM-06:30 PM	$85.00	LC1520-02

Saskatoon Field House

Jan 28-Mar 18	Th	10:30 AM-11:15 AM	$168.00	FH1654-01

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

Jan 4-29	M/W/F	01:15 PM-02:15 PM	$55.25	FH1365-01
Feb 1-24	M/W/F	01:15 PM-02:15 PM	$55.25	FH1365-02
Mar 1-22	M/W/F	01:15 PM-02:15 PM	$55.25	FH1365-03



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. 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
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** 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 Winter Leisure Guide, call 306-975-7808, or visit saskatoon.ca/leisureguide.