

ADULT PROGRAMS

FITNESS

SMART START BEGINNER FITNESS

Learn to Spin

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

Apr 19-May 3 Su 11:15 AM-12:15 PM \$15 39973

Shaw Centre

Apr 11-25 Sa 10:00 AM-11:00 AM \$15 39981

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.

Saskatoon Field House

Apr 12-26 Su 12:30 PM-01:30 PM \$15 39977

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.
- a progressive fitness program to prepare you for further participation.

Introduction to Strollin' & Polin'

50 yrs+. Learn the basics of pole walking in this friendly and social atmosphere. This one-hour class will give participants an opportunity to experience pole walking before committing to a full program. Great for all fitness levels. Poles are provided.

Saskatoon Field House

Apr 1 W 01:30 AM-02:30 PM \$10.50 39983

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 regime.

Shaw Centre

Apr 14 Tu 07:45 PM-08:15 PM \$0 39978

Apr 16 Th 07:45 PM-08:15 PM \$0 39979

Introduction to BOSU® Fitness

Go beyond traditional forms of training by learning how to add the BOSU® ball to your workouts! BOSU® balls or half balls are known industry wide for training balance, enhancing flexibility and delivering an awesome cardio workout. Expand your movement capabilities, reshape your body and strengthen your mind. Limited space available, register today!

Shaw Centre

May 22-Jun 5 F 06:30 PM-07:30 PM \$32.50 39974

PERSONAL/GROUP FITNESS CONSULTATIONS

Semi-Private Training \$212.00/ (6 sessions-register together) person

Lakewood Civic Centre 40080

Saskatoon Field House 40081

Shaw Centre 40082

Semi-Private Training \$374.00/ (11 sessions-register together) person

Lakewood Civic Centre 40083

Saskatoon Field House 40084

Shaw Centre 40085

Personal Training \$139.00 (3 Sessions)

Lakewood Civic Centre 40086

Saskatoon Field House 40087

Shaw Centre 40088

Personal Training \$278.25 (6 Sessions)

Lakewood Civic Centre 40089

Saskatoon Field House 40090

Shaw Centre 40091

Personal Training \$503.25 (11 Sessions)

Lakewood Civic Centre 40092

Saskatoon Field House 40093

Shaw Centre 40094

Revamp Your Workout \$73.75

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 40095

Shaw Centre 40096

Saskatoon Field House 40097

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.

SERVICES OFFERED:

Personal Training: 3, 6 or 11 sessions

Semi-private Training: 6 or 11 sessions

(2 people - register together)

Youth Personal Training: 3, 6 or 11 sessions

**fitness assessments available at SFH and SCC only

Did You Know?

All City of Saskatoon Fitness Consultants are certified through the Canadian Society of Exercise Physiology (CSEP). CSEP is a national organization that promotes a professional and ethical approach in the physical activity, fitness and lifestyle appraisal industry. Enhance your experience at any of the Leisure Centres by visiting our CSEP Fitness Consultants, with CPT (Certified Personal Trainer) or CEP (Certified Exercise Physiologist) certifications:

CSEP CPT - Certified Personal Trainer The CPT certification recognizes individuals with formal post-secondary training in physical activity/exercise prescription focusing on Health-Related physical fitness.

CSEP CEP - Certified Exercise Physiologist The CEP certification is the only advanced health and fitness practitioner certification. It embodies a wide scope of practice, including training apparently healthy individuals and exercise related clinical knowledge for independent functioning individuals with disabilities or chronic diseases for whom physical activity is advocated as a form of therapy.

What is an Exercise Equipment Orientation (EEO)?

With the purchase of a LeisureCard, receive a complimentary 20-minute, scheduled orientation which includes:

- A lesson on how to operate cardio machines
- An introduction to weight room etiquette to make you feel at ease
- A quick facility tour to become familiar with your surroundings
- Answers to all of your questions

For more information or to schedule an EEO, please contact the Leisure Centre of your choice.

Registered Programs



ADULT PROGRAMS

Home Fitness

\$73.75

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).

Lakewood Civic Centre	40098
Saskatoon Field House	40099
Shaw Centre	40100
Cosmo Civic Centre	40101
Lawson Civic Centre	40102
Harry Bailey Aquatic Centre	40103

Adult Basic Weight Training

\$54.75

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	40104
Saskatoon Field House	40105
Shaw Centre	40106

Group Fitness Training

\$108.25

Get fit how you want, when you want! Revive your workout with a choice of Fitness Yoga, Spin, Boot Camp or Core Body; you pick the date and time. Register for this one-hour group fitness program to improve overall fitness and conditioning, develop fundamental skills and have fun! Book one session or book multiple session up to 20 people. Available to: sports teams (cross-training), employee fitness and groups.

Shaw Centre	40107
Saskatoon Field House	40108

FITNESS & HEALTH

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
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Pilates®

This program focuses on the core postural muscles which help keep the body balanced. In particular, it will improve flexibility, balance and posture as well as tone and strengthen the entire body. This is a low impact exercise program with results in five weeks and a great class to fit your healthy lifestyle.

Cosmo Civic Centre

Apr 14-Jun 16	Tu	07:15 PM-08:15 PM	\$103.75	39932
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Walk & Stroller

Perfect for new parents and their babies. This walking based program focuses on a cardio workout while incorporating muscle strengthening exercises to tone your body.

Saskatoon Field House (Indoor)

Apr 7-30	Tu, Th	11:00 AM-11:30 AM	\$47.75	39963
May 5-28	Tu, Th	11:00 AM-11:30 AM	\$47.75	39964

Shaw Centre (Outdoor-weather permitting)

Jun 2-18	Tu, Th	10:30 AM-11:30 AM	\$37.50	39965
Jul 14-30	Tu, Th	10:30 AM-11:30 AM	\$37.50	40164

Strollin' & Polin'

Take in and enjoy the many benefits of pole walking. Join this friendly social program for those 50+, as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.

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

RECREATION

ARTS, CULTURE & RECREATION

Sushi

This class will teach you the fundamentals of sushi-making and the secrets of creating perfect sushi rolls.

Cosmo Civic Centre

Apr 26	Su	05:00 PM-08:00 PM	\$60.50	39921
May 3	Su	05:00 PM-08:00 PM	\$60.50	39929
Jul 8	W	06:00 PM-09:00 PM	\$60.50	40109
Aug 12	W	06:00 PM-09:00 PM	\$60.50	40110

Chinese

Learn how to prepare authentic Chinese cuisine in this fun class.

Cosmo Civic Centre

Apr 26	Su	05:00 PM-08:00 PM	\$60.50	39921
May 3	Su	05:00 PM-08:00 PM	\$60.50	39929

Quick Bread Techniques

Make your own quick bread in a timely manner for your whole family to enjoy! There will be plenty to taste and take home from this class.

Cosmo Civic Centre

Jun 14	Su	05:00 PM-08:00 PM	\$60.50	39928
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Thai I

Come and create some delicious Thai food that will leave your taste buds tingling.

Cosmo Civic Centre

Apr 12	Su	05:00 PM-08:00 PM	\$54	39924
Apr 19	Su	05:00 PM-08:00 PM	\$54	39925
Jul 15	W	06:00 PM-09:00 PM	\$54	40111
Aug 19	W	06:00 PM-09:00 PM	\$54	40112

Vietnamese

Learn to prepare delectable Vietnamese dishes that will knock your socks off! Enjoy a delicious rice dish and crunchy spring rolls that will make everyone talk. Sweet and spicy dishes, we have it all!

Cosmo Civic Centre

May 31	Su	05:00 PM-08:00 PM	\$54	39916
Jun 7	Su	05:00 PM-08:00 PM	\$54	39930

The BBQ Class

Learn to make barbeque sauce, dry rubs, cheesy stuffed potatoes and skills needed to grill at home.

Cosmo Civic Centre

Jul 22	W	06:00 PM-09:00 PM	\$54	40113
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Spring Baking

A sweet treat for Spring! Learn to put a unique spin on bars, cookies and cupcakes. There will be plenty to taste and take home.

Cosmo Civic Centre

Jun 28	Su	05:00 PM-08:00 PM	\$60.50	39919
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Handmade Pizza

Never order in again! Learn to create healthy and delicious homemade pizza. There will be plenty of leftovers to take home.

Cosmo Civic Centre

Jun 21	Su	05:00 PM-08:00 PM	\$54	39927
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Digital Photography

Learn the basics of digital photography. Class will include: how a digital camera works, types of digital cameras, image storage and the basic principles of photography. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

Lakewood Civic Centre

Apr 16-23	Th	07:00 PM-09:00 PM	\$49.25	39917
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Advanced Digital Photography

Learn advanced digital photography techniques. Class will include: review of basic digital photography techniques, understanding pixel size and aperture, introduction to night photography and common obstacles which influence photo quality. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

Lakewood Civic Centre

May 7-14	Th	07:00 PM-09:00 PM	\$58.50	39918
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ONLINE!**

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