

Registered Programs

SPECIALIZED WELLNESS PROGRAMS



THE FIRST STEP™
PROGRAM

The First Step Program™

The First Step Program™ offers a supervised exercise and education program for individuals looking to make exercise a regular part of their life. This program is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease.

For more information or to register, please call 306-975-3121.

Saskatoon Field House

Jan-Mar	Tu, Th, Sa	Mornings
	Tu, Th	Evenings

Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatoon Health Region with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities. For more information or to register, please call 306-655-4595.

Saskatoon Field House

Stroke Exercise

Jan-Mar	Tu, Th	01:00 PM-02:15 PM
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Parkinson's Exercise

Jan-Mar	Tu, Th	02:30 PM-04:00 PM
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*The First Step Program™ and the
Stroke and Parkinson's Exercise Program
are provided in partnership with:*





ACTIVE AGERS

— A guide to fitness for people 50+ —

- Drop-in fitness programs (p. 10-23)
- Smart Start Beginner Fitness (p. 39-40)
- Learn to Classes (p. 39)
- The First Step Program™ (p. 42)
- General & Gentle Fitness & Health (p. 40)
- Specialized Wellness Programs (p. 42)
- Personal/Group Fitness Consultations (p. 39-40)

www.saskatoon.ca • 306.975.7808



PROGRAMS



Avoid the clutter, add some fun!

Bulk Tickets, LeisureCards, Club 6 Packs and Gift Cards are available for City of Saskatoon Leisure Centres, Golf Courses and the Saskatoon Forestry Farm Park & Zoo.

Contact any leisure facility or visit www.saskatoon.ca for more information.

