

Fall 2024

FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+



Group Exercise Training

Feel comfortable and motivated using the Leisure Centre fitness & weight rooms by enrolling in one of the new group exercise training opportunities available this fall. Introduction to Weight Room Training and Small Group training have been tailored to include 50 + participants. Introduction to Weight Room Training is led by a certified personal trainer who will guide you through safe use of the cardio and weight training equipment in the weight room. "This class is great for someone who is new to the City's Leisure Centres or weight rooms in general, also for someone wanting to gain more knowledge about using the weight rooms," says Kimberley Guillaume, Fitness Specialist at the City of Saskatoon.

Participants will learn proper ways to warm-up and cool-down, basic movement patterns with equipment and proper techniques to feel comfortable exercising independently. This program involves three, 1-hour sessions offered at Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre.

Small Group Training is a great transition from introduction to weight room training. "This class provides more specific, exercise prescription by going beyond the how to or adding to your current exercise practice," Guillaume adds.

Through eight, 45-minute sessions you will work with a personal trainer on a progressive approach to maintain motivation and improvement and achieve your health and wellness goals. The program is hosted in the multi-purpose and weight rooms of Saskatoon Field House, Lawson Civic Centre and Lakewood Civic Centre. "You will be introduced to body weight exercises, free weights, resistance bands, Bosu balls and strength training equipment," says Guillaume.

What's inside?

Drop-in Fitness Programs

Registered Programs • Beginner Fitness

Program Spotlight: Fit Over 50 Personal & Group Exercise Training

With up to six participants in the class, you can expect specialized and personalized training in a social and encouraging atmosphere. Guillaume reminds us that everyone can benefit from the guidance, support and encouragement of fitness trainers. "It's important to keep exercising as you age to strengthen your muscles and bones and prevent injuries in everyday living. It is equally as important to ensure you are exercising in a safe and effective manner."

Learn more about these new group exercise training programs on the inside page of this edition or pick up a copy of the Fall Leisure Guide. Both your mind and body will thank you.



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 Fitness 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.

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**

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. **LWC, LCC*, SCC**

*Deep Water Aqua Walk also available.

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. **CCC, LWC, LCC, SFH, SCC**

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

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.

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

Sep 25-Oct 25*	M/W/F	01:15 PM-02:15 PM	\$52.50	FH4365-01
Oct 28-Nov 20**	M/W/F	01:15 PM-02:15 PM	\$52.50	FH4365-02
Nov 25-Dec 16	M/W/F	01:15 PM-02:15 PM	\$52.50	FH4365-03

*Cancelled on Sep 30; Oct 4, 11 & 14. **Cancelled on Nov 11.

Minds in Motion A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. For more information, contact Connie at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca or visit alzheimer.ca/sk. To register call the Saskatoon Field House at 306-975-3354.

Saskatoon Field House

Oct 1-Dec 3	Tu	01:30 PM-03:30 PM	\$30	FH4510-01
Oct 3-Dec 5	Th	01:30 PM-03:30 PM	\$30	FH4510-02

Minds in Motion® is provided in partnership with the City of Saskatoon, Alzheimer Society of Saskatchewan and Information Services Corporation.

For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Fall Leisure Guide, call 306-975-7808, or visit saskatoon.ca/leisureguide.

Gentle Fitness Yoga A slower paced class with emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LCC, LWC, SCC**

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

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. **LWC**

...and many more!

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.

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.





Program Spotlight:

Fit Over 50 Personal & Group Exercise Training

Register at least **one week** prior to start of class. Refer to the back of this brochure for information on how to register.

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	\$171.00
Lakewood Civic Centre	LW4657-01
Lawson Civic Centre	LC4657-01
Saskatoon Field House	FH4657-01
Shaw Centre	SC4657-01

New! 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

Nov 2-23*	Sa	10:30 AM-11:30 AM	\$51.25	LW4656-01
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*Cancelled Nov 9

Lawson Civic Centre

Sep 18-Oct 2	W	05:30 PM-06:30 PM	\$51.25	LC4656-01
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Shaw Centre

Oct 2-16	W	10:00 AM-11:00 AM	\$51.25	SC4656-01
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New! 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.

Saskatoon Field House

Oct 3-Nov 21	Th	10:30 AM-11:15 AM	\$159.75	FH4654-01
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Lakewood Civic Centre

Oct 4-Nov 1*	M/F	01:00 PM-01:45 PM	\$159.75	LW4654-01
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*Cancelled Oct 15

Nov 4-Dec 2*	M/F	01:00 PM-01:45 PM	\$159.75	LW4654-02
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*Cancelled Nov 11

Lawson Civic Centre

Oct 3-Nov 21	Th	05:45 PM-06:30 PM	\$159.75	LC4654-01
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LEISURE CENTRES

Cosmo Civic Centre (CCC)	306-975-3344
Lakewood Civic Centre (LWC)	306-975-2944
Lawson Civic Centre (LCC)	306-975-7873
Saskatoon Field House (SFH)	306-975-3354
Shaw Centre (SCC)	306-975-7744

saskatoon.ca/leisurecentres

Beginner Fitness

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

Finally, a workout that works!

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.

Beginner Fitness Introductory classes

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

- Introduction to Pickleball **CCC, SFH**

Beginner Fitness 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.

- Learn to Fitness Yoga **LWC, SFH, SCC**
- Learn to Group Cycle **SFH, SCC**
- Learn to Pole Walk **SFH**
- Learn to Step **LWC, 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, see the inside page of this edition or call 306-975-7808.

For more information on beginner fitness programs call 306-975-7808. Registration information can be found on page 15 of the Fall Leisure Guide or at saskatoon.ca/leisureguide.



For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Fall Leisure Guide, call 306-975-7808 or visit saskatoon.ca/leisureguide.

The First Step Program™

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol, cancer, 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**

The First Step Program™ is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. The key is taking the first step to preventing chronic conditions from affecting your health.

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 two times per week for four months at the Saskatoon Field House (Tuesday & Thursday mornings or evenings). Once you graduate from this program you can continue as a graduate with this excellent support three times/week adding on Saturday mornings and further options of utilizing all leisure facilities to continue your healthy lifestyle.

For more information and application forms, please call 306-975-3121 or visit saskatoon.ca/firststep.

Walking Tracks

Set your pace at one of the City indoor tracks no matter the weather.

Walking Track (Shaw Centre): Three-lane, 165 m

Saskatoon Field House: Six-lane, 200 m

Terry Fox Track (Saskatoon Sports Centre): Two-lane, 365 m

How to register

In this flyer and in the 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
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 Cres.	306-975-7744

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.