

Spring 2025

# FIT OVER 50 PROGRAMS

*A guide to physical activity for people 50+*

## The Health Benefits of Strength Training

Strength training is not just for athletes or those who want big muscles, it's safe and effective for all ages and fitness levels and provides many benefits to increase your quality of life.

Over time, and with physical inactivity, our bodies begin to lose muscle mass. An inactive adult will lose about 30 to 40 per cent of their strength by age 65, which can have a major impact on daily living.

Not only will strength training improve your muscular fitness, but it will also lead to other health benefits, including:

- Stress and tension relief to improve mental health
- Risk reduction for osteoporosis and certain lifestyle chronic diseases including heart disease
- Better self-image
- Help with weight control
- Reduced fatigue and increased energy
- Improved blood glucose control

Increased muscle mass also helps to maintain good posture, prevent lower back pain and protect the joints from shock and injury.

The best way to start any new exercise routine is by easing into it. Start with small commitments and goals and give yourself time to adjust. This will lead towards continued success and accomplishment of larger goals.

When first starting out, talking to a fitness professional can be beneficial. Certified trainers at the Leisure Centres can help you start safely by reviewing your technique or they can help set-up an individualized program designed to suit your current level of fitness and show how to progress towards your goals.



*What's inside?*

**Drop-in Programs • Registered Programs**  
**Spotlight on Fitness: Melanie Kerr, Personal Trainer**  
**Specialized Wellness Programs**

The City of Saskatoon offers many opportunities to achieve your strength training goals, from fitness classes, to visiting a Leisure Centre fitness and weight room with or without a personal trainer. Drop-in and registered classes we recommend for beginners to active individuals over 50 are:

- Functional Fitness
- Chair Yoga, Fitness Yoga, Gentle Fitness Yoga or Yoga & Sculpt
- Muscle Sculpt, Group Cycle and Sculpt, or Walk & Sculpt
- Low Impact & Sculpt
- Aqua fitness
- **New!** Small group training
- Strollin' & Polin'
- First Step Program
- **New!** Introduction to Weight Room Training
- Personal Training

Read on for more information about our programming, including the Spotlight on Fitness section featuring personal training with Melanie Kerr.



# 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](http://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. **CCC, LWC, LCC, SFH, SCC**

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

**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**

**New! Strollin' & Polin'** An instructor-led session incorporating pole walking, strength and stretch components. Poles are provided and are optional during this program. **SCC**

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



CCC Cosmo Civic Centre • LWC Lakewood Civic Centre  
LCC Lawson Civic Centre • SFH Saskatoon Field House  
SCC Shaw Centre

## 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](http://saskatoon.ca/admissions).

### 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**



## 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.

**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

Apr 2-16 W 05:30 PM-06:30 PM \$15.00 LW2327-01

**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.

#### Cosmo Civic Centre

Apr 26-May 10 Sa 09:15 AM-10:15 AM \$36.50 CC2320-01

#### Saskatoon Field House

Apr 7-28	M	07:00 PM-08:00 PM	\$36.50	FH2320-01
Apr 7-28	M	08:00 PM-09:00 PM	\$36.50	FH2320-02
May 5-26	M	07:00 PM-08:00 PM	\$36.50	FH2320-03
May 5-26	M	08:00 PM-09:00 PM	\$36.50	FH2320-04
May 6-20	Tu	01:00 PM-02:00 PM	\$36.50	FH2320-05
May 6-20	Tu	02:00 PM-03:00 PM	\$36.50	FH2320-06
May 6-20	Tu	07:00 PM-08:00 PM	\$36.50	FH2320-07
May 6-20	Tu	08:00 PM-09:00 PM	\$36.50	FH2320-08
May 8-22	Th	11:00 AM-12:00 PM	\$36.50	FH2320-09
May 8-22	Th	12:00 PM-01:00 PM	\$36.50	FH2320-10
May 8-22	Th	07:00 PM-08:00 PM	\$36.50	FH2320-11
May 8-22	Th	08:00 PM-09:00 PM	\$36.50	FH2320-12

Registered Programs continued on back page >



## Spotlight on Fitness:

### Melanie Kerr, Personal Trainer

Working with a personal trainer offers many benefits. "One important thing as we get older is keeping our function. Doing exercises with a personal trainer allows us to find the weaknesses in our everyday function", explains Melanie Kerr, who is a personal trainer for the City of Saskatoon.



This functional focus is crucial, particularly for those aged 50 and above, as it ensures that exercises are relevant and beneficial to our daily lives. "Personal trainers can help address weaknesses in daily activities such as climbing stairs or lifting items from the trunk of a car", says Kerr.

A personal trainer tailors exercises based on individual goals, providing the knowledge and guidance needed to achieve the desired outcomes. "This personalized approach ensures that exercises are effective and aligned with each person's specific needs as well as helps people feel comfortable and confident in their fitness journey", says Kerr.

Whether through introductory weight room sessions, personal training, or small group training, the City of Saskatoon Leisure Centres offer a variety of fitness options to kick start your fitness goals and work with a personal trainer.

"For those new to fitness, a good starting point is building a routine that fits their lifestyle", suggests Kerr. "You want to establish a routine that helps the body adapt to regular activity and sets a foundation for future fitness goals such as hiking or biking".

See back page for more information on the Personal Training options >



**New! 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	\$174.50
<b>Lakewood Civic Centre</b>	LW3657-01
<b>Lawson Civic Centre</b>	LC3657-01
<b>Saskatoon Field House</b>	FH3657-01
<b>Shaw Centre</b>	SC3657-01

**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.

<b>Lawson Civic Centre</b>				
Apr 9-23	W	05:30 PM-06:30 PM	\$52.25	LC2656-01
<b>Lakewood Civic Centre</b>				
May 3-17	Sa	10:30 AM-11:30 AM	\$52.25	LW2656-01
<b>Shaw Centre</b>				
May 7-21	W	10:00 AM-11:00 AM	\$52.25	SC2656-01

*How to register*

**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.

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

<b>Cosmo Civic Centre</b>	3130 Laurier Drive	306-975-3344
<b>Lakewood Civic Centre</b>	1635 Mc Kercher Drive	306-975-2944
<b>Lawson Civic Centre</b>	225 Primrose Drive	306-975-7873
<b>Saskatoon Field House</b>	2020 College Drive	306-975-3354
<b>Shaw Centre</b>	122 BowIt Crescent	306-975-7744

**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.

<b>Lakewood Civic Centre</b>				
Apr 7-May 5	M	01:00 PM-01:45 PM	\$163.00	LW2654-01
<b>Lawson Civic Centre</b>				
Apr 10-May 1	Th	05:45 PM-06:30 PM	\$82.50	LC2520-01
May 8-29	Th	05:45 PM-06:30 PM	\$82.50	LC2520-02
<b>Saskatoon Field House</b>				
May 1-22	Th	10:30 AM-11:15 AM	\$82.50	FH2520-01

**GENERAL FITNESS**

Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

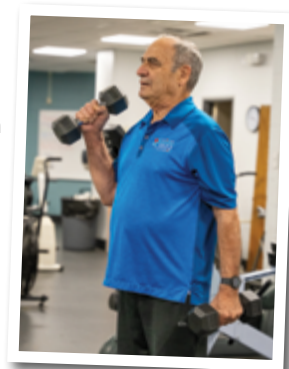
**Strollin' & Polin'** Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

<b>Saskatoon Field House</b>				
Apr 2-May 5	M/W/F	01:15 PM-02:15 PM	\$53.50	FH2365-01
May 7-Jun 2	M/W/F	01:15 PM-02:15 PM	\$53.50	FH2365-02

**Specialized Wellness Programs**

**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. It is designed as a preventative program for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol and/or chronic kidney disease. Resuming regular physical activity serves as a preventive measure to reduce the risk of future life-threatening health conditions. You can begin at any time. For more information or to apply, call 306-975-3121 or visit [saskatoon.ca/firststep](http://saskatoon.ca/firststep).



*Stay Connected!*

Subscribe to the Fit Over 50 eNewsletter to receive program updates delivered to your inbox.

Visit [saskatoon.ca/fitover50](http://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 Spring/Summer Leisure Guide, call 306-975-7808, or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).**