


SMART START BEGINNER FITNESS

Smart Start 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. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

Look for the Smart Start symbol  in the Youth and Adult Programs sections on pages 26-30 and in the Leisure Centre drop-in program section on pages 12-14 to find a program that is right for you.

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.

Lawson Civic Centre

Nov 16-30	Sa	11:45 AM-12:45 PM	\$15.00	LC4327-01
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Saskatoon Field House

Nov 7-21	Th	08:00 PM-09:00 PM	\$15.00	FH4327-01
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Learn to Group Cycle

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

Nov 2-16	Sa	02:00 PM-03:00 PM	\$15.00	FH4333-01
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Learn to Pole Walk

A fun, rewarding class designed to teach the basics of pole walking in a safe learning environment. Increase energy, decrease tension, increase upper body strength, all while increasing balance, coordination and posture. Great for all fitness levels!

Saskatoon Field House

Oct 5-19	Sa	01:00 PM-02:00 PM	\$15.00	FH4330-01
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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

Oct 10-24	Th	06:00 PM-07:00 PM	\$32.50	FH4320-01
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Oct 10-24	Th	07:00 PM-08:00 PM	\$32.50	FH4320-02
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Oct 26-Nov 9	Sa	01:00 PM-02:00 PM	\$32.50	FH4320-03
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Oct 26-Nov 9	Sa	02:00 PM-03:00 PM	\$32.50	FH4320-04
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Nov 16-Dec 7	Sa	01:00 PM-02:00 PM	\$32.50	FH4320-05
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Nov 16-Dec 7	Sa	02:00 PM-03:00 PM	\$32.50	FH4320-06
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Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this one-hour session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

All sessions below run from 07:00 PM – 8:00 PM.

Harry Bailey Aquatic Centre Monday, October 21

Lakewood Civic Centre Wednesday, October 23

Lawson Civic Centre Monday, October 28

Shaw Centre Tuesday, October 29

Saskatoon Field House Monday, November 4

What is a Learn to Program?

Designed with the beginner in mind, Learn to Classes offer a 15 minute session at the end of each class to ask the instructor individual questions. Gain skills and become comfortable in tackling a new fitness activity.

Learn to Step

Step into a fun cardiovascular workout! Simplified moves and supported instruction will help you master the basic moves.

Saskatoon Field House

Dec 1-15	Su	02:00 PM-03:00 PM	\$15.00	FH4334-01
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Learn to Suspension Circuit Train

Learn the basics in a safe environment. An adaptable workout using your body weight to work against a challenging system of suspended straps. Increase energy and strength while improving your balance, coordination and posture. 45 minutes of instruction with 15 minutes for further exploration.

Shaw Centre

Sep 21-Oct 5	Sa	11:00 AM-12:00 PM	\$15.00	SC4628-01
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Introduction to Lane Swimming

With a skill analysis, lane swim etiquette education and tips for stroke improvement you will feel prepared to start your new lane swimming fitness regime.

Shaw Centre

Dec 12	Th	06:15 PM-06:45 PM	FREE	SC4168-01
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PERSONAL TRAINING & FITNESS CONSULTATIONS

Each personal training session includes a one-hour Personal Consultation to discuss your specific needs and goals. This is an opportunity for you and your trainer to meet, build rapport and gather the information needed to develop an action plan.

We also offer an optional fitness assessment as a component of your personal training program*. It will evaluate your current level of fitness through various health measurements like endurance and strength, as well as identifying areas of improvement.

*fitness assessments available at Saskatoon Field House and Shaw Centre only

Semi-Private Training

A Certified Personal Trainer will design and monitor each workout based on your needs. One-hour sessions determined by you and your trainer. Register together.