

Spring/Summer 2024

# FIT OVER 50 PROGRAMS

*A guide to physical activity for people 50+*

## The Benefits of Exercising in the Water

Whether participating in an aqua fitness class, lane swim or aqua walk, the benefits of exercising in water are undeniable.

Exercising in water is gentle on joints such as knees, hips, back and ankles because the buoyancy of the water supports the weight of the body against impact. Some movements such as squats may be possible in the water even if they are challenging on land for someone with arthritis or joint injuries. It can also be a good way to rehabilitate after a fall or surgery.

When working out in the water, you are not only getting a cardio workout, you are also building strength and flexibility at the same time. Water is 12% more resistant than air because there are no gravitational forces. This means you will receive benefit in a shorter time from an aquatic workout when compared to a similar land workout.

Feel comfortable starting your fitness journey in the water. Water acts as a natural support and will help you stay balanced and agile without facing the risk of a high-impact fall. You will also be conditioning your body to keep up with day-to-day activities.

Relax and unwind in a self-directed aqua walk or lane swim. Or enjoy the group atmosphere of an aqua fitness class. All of these activities are available at Lakewood, Lawson and Shaw Centre through general admission, LeisureCard or bulk ticket. The drop-in schedules are available on Leisure Online at [saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline).

Pick up a copy of the Spring/Summer Leisure Guide for details on how you can find your fit. Both your mind and body will thank you.



*What's inside?*

Drop-in Fitness Programs

Registered Programs • Beginner Fitness

Spotlight on Fitness:

Loree-lee Frydenlund, Aqua Fitness Participant

*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.



# 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. **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

Apr 8-29	M/W/F	01:15 PM-02:15 PM	\$52.50	FH2365-01
May 3-31*	M/W/F	01:15 PM-02:15 PM	\$52.50	FH2365-02

*\*Cancelled on May 10, 17 & 20.*

**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](mailto:mindsinmotion@alzheimer.sk.ca) or visit [alzheimer.ca/sk](http://alzheimer.ca/sk). To register call the Saskatoon Field House at 306-975-3354.

### Saskatoon Field House

Apr 23-Jun 11	Tu	01:30 PM-03:30 PM	\$25	FH2504-01
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*Minds in Motion® is provided in partnership with the City of Saskatoon, Alzheimer Society of Saskatchewan and Information Services Corporation.*

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

**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).**





## *Spotlight on Fitness:*

# Loree-Lee Frydenlund, Aqua Fitness Participant

Loree-Lee Frydenlund is dedicated to fitness. "It was a promise to myself when I retired," said Frydenlund.

"I started January 16, 2023 with three classes a week. By the end of February I was doing a class every day and by summer three classes a day."

Frydenlund now participates in 20 classes a week at Lawson Civic Centre. This includes Aqua Fitness, Gentle Yoga, Low Impact Cardio & Sculpt and Functional Fitness.

"I had a goal. I am a diabetic and didn't want my medications to increase. They haven't increased in a year."

Frydenlund began her fitness journey in the water and would recommend it as natural start for others. "I really like the water. It is a peaceful place for me, but most importantly it doesn't hurt. If you have had an injury and your doctor approves exercise, it is a place to increase mobility without hurting. My knees and hips don't hurt, and I have gained strength doing exercises in the water."

She also comments on her increased flexibility since taking classes regularly and encourages others stick with it to maintain their strength and flexibility. "Way back in 80s I enjoyed aqua fitness and swimming laps. Then over time lost flexibility from sitting at an office desk."

"The instructors are very good. Some are intense and some are gentler but in the water you can work out how you want and do it at your level," says Frydenlund.

*"I had a goal. I am a diabetic and didn't want my medications to increase. They haven't increased in a year."*



## 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](https://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 **SFH, SCC**
- Learn to Group Cycle **SFH, SCC**
- Learn to Pole Walk **SFH**
- Learn to Step **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 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 Spring/Summer Leisure Guide or at [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).



**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).**

## The First Step Program™

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol, 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™ 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](http://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:

<b>Cosmo Civic Centre</b>	3130 Laurier Dr.	306-975-3344
<b>Lakewood Civic Centre</b>	1635 McKercher Dr.	306-975-2944
<b>Lawson Civic Centre</b>	225 Primrose Dr.	306-975-7873
<b>Saskatoon Field House</b>	2020 College Dr.	306-975-3354
<b>Shaw Centre</b>	122 Bowlt Cres.	306-975-7744

#### 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.