



## City of Saskatoon Fitness Programs

Get back to what you love! Drop-in fitness classes have returned under new class categories.

Drop-in fitness classes have been split into four categories. Within each class, the instructors will offer modifications for a range of fitness levels. No more guessing which stage of fitness suits you — instructors will provide low, moderate and high intensity options in every class and you'll get the right workout every time.

We will continue to offer the most safe, welcoming and accessible programming for:

- new participants on land and in water
- effort levels from light to moderate to vigorous
- program variety to address community needs, trends in fitness and opportunities for individuals with health concerns.

Fitness classes categories, all aimed at patrons ages 16 and up, include:



### 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. Classes include:

*Learn to Fitness Yoga • Learn to Group Cycle • Learn to Pole Walk • Learn to Step  
Learn to Circuit Train • Introduction to Lane Swim • Introduction to Pickleball • Find Your Fit*

### General Fitness

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

*Cardio & Sculpt • Muscle Sculpt • Step • Group Cycle • Group Cycle & Sculpt • Boxercise  
Circuit Training • Mommy & Me Stroll Fit • Fitness Yoga • Yoga & Sculpt • Hi/Lo • HIIT  
Zumba Fitness • Intermediate Fitness Yoga • Aqua Fitness • Aqua HIIT*

### Gentle Fitness

Classes offer moderately-paced exercises with a focus on maintaining or restoring functional fitness and mobility. Classes include:

*Low Impact & Sculpt • Low Impact • Gentle Circuit • Chair Yoga • Gentle Fitness Yoga  
Functional Fitness • Walk & Sculpt • Gentle Aqua Fitness • Deep Water Aqua Fitness*

### Wellness

Participants with health concerns benefit from supervised exercise support, education and social interaction. Programs include:

*The First Step Program™ • Minds in Motion*

Search for drop-in program information including class times and locations at [saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline).



# LEISURE CENTRES