

Note: Program locations and availability vary from season to season. Check your Community Association newsletter, City of Saskatoon Leisure Guide or the on-line version at [www.saskatoon.ca](http://www.saskatoon.ca) for specific program times and locations.

### Belly Dancing

Got a jiggle in your wiggle? No need to be embarrassed - belly dancing is a great way to tone your middle, get moving and have a few "belly laughs" with supportive friends. Float, twirl and whirl your way to better fitness.

### Social Dance

Dance your way to a healthier heart! Just pick your style and cut a rug with the partner of your choice to some beautiful music.

### Tai Chi

Focus on fitness of the mind and body with Tai Chi for beginners. Learn the fundamentals of these ancient exercises along with your neighbours and friends.

### Yoga

Bend and flex your body towards a more active lifestyle. This introduction to yoga for adults 18 years and over will teach you to calm your mind as you increase your strength and flexibility.

### Aerobics

Step to the beat of a fitter drummer. Adult aerobics for the beginner is a great place to get together with friends and let off a little stress, get fit and have fun.

### Badminton

Did a little birdy tell you to get more active? Then beginner badminton is the place to hit back and have fun. Play with a partner of your choice or join to meet new people from your community.

### Floor Hockey

Have a slap-happy time with your slap-shot as you play a friendly game of floor hockey. All skill levels, especially beginners who want to learn the game, are welcome.

### Soccer

Get your kicks the old fashioned way! Sign up now for soccer with a smile - a neighbourhood game that welcomes all skill levels, especially beginners who want to learn the game.

### Tae Kwon Do

Discover the secrets of this ancient martial art of self-defense while you tone and align your mind, body and soul.

### Tone & Stretch

Doesn't take much of a stretch to get you feeling better. So sign up today for this unique class focusing on warming up and toning your muscles.

### Variety Sports

Spice up your fitness routine with a variety of activities over several evenings. Learn new skills and get active while meeting new people.

### Volleyball

Serve up some fun by joining volleyball. All skill levels are welcome, especially beginners who would like to learn the game.

### Walking Club

It's time to walk the walk and talk the talk! Get to know your neighbours and get active by joining our neighbourhood Smart Start walking club.

### Women's Self Defense

An introduction to self defense methods for women over 18 years. Learn how to use basic moves and techniques to defend yourself. Class also covers personal safety and security issues.



For more information on Smart Start neighbourhood programs contact your community association at 975-3378 or call any City of Saskatoon Leisure Facility at the numbers listed below.

## Community Associations Strengthening our Neighbourhoods

- in partnership with -



### City of Saskatoon Indoor Leisure Facilities

Cosmo Civic Centre	975-3344
Harry Bailey Aquatic Centre	975-3321
Lakewood Civic Centre	975-2944
Lawson Civic Centre	975-7873
Saskatoon Field House	975-3354
Terry Fox Track	975-3400

[www.saskatoon.ca](http://www.saskatoon.ca)

Supported by



**in motion**

Physical Activity - do it for life!

Supported by Saskatoon District Health  
Community Grants Program

## Smart Start Neighbourhood

## Adult Beginner Fitness Tips & Programs

finally,  
fitness  
within reach

Smart Start beginner fitness programs were developed to 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. You don't have to be an athlete or fitness guru, you must simply have the desire to start feeling good physically and mentally.

Many participants in Smart Start classes have increased their activity levels and are receiving and enjoying the many benefits of having a physically active lifestyle.

## benefits of **staying active**

- ¥ Revitalizing the mind
- ¥ Relieves stress & tension
- ¥ Reduces fatigue
- ¥ Improves flexibility
- ¥ Increases energy
- ¥ Improves self image & self esteem
- ¥ Assists with weight control

There are many benefits of living an active lifestyle, find yours!

## maximizing your **benefits**

The goal of Smart Start is to help individuals participate in enough regular physical activity so that they can receive health benefits. Incorporating enough physical activity into your lifestyle is easy. **Many of the activities you are doing each day contribute to your overall health.** Determining how long, how hard and how often you should exercise to achieve health benefits can be calculated by evaluating the intensity and duration of your workout. The following is a guide to help you work towards optimizing health benefits from your physical activity.

### **Light Activities** (*gardening, walking, bowling*)

Should be done for a total of at least 420 minutes per week. This could mean doing an activity for at least 1 hour, every day.

### **Moderate Activities**

(*jogging, yoga, biking, skating, moderate level fitness class*)

Should be done for a total of at least 120 minutes per week. This could mean doing an activity for at least 40 minutes, 3 times per week.

### **Vigorous Activities**

(*running, racquetball, swimming, upper level fitness class*)

Should be done for a total of at least 90 minutes per week. This could mean doing an activity for at least 30 minutes, 3 times per week.

## it all **adds up**

And remember, every physical activity you do (no matter how little you might think) adds to the total amount of activity you have done for the week. Whether you are participating in a yoga class in your neighbourhood, swimming at a leisure centre, or walking your dog in a park, any amount of physical activity contributes to maximizing the personal and health benefits that you'll receive.



## fitness within **reach**

There is no single right way to develop lasting fitness habits: it's about making choices to become more active. There are many program opportunities at different times and locations to better suit your personal preferences and busy schedule.

Community Association adult beginner fitness programs provide **affordable, short-term classes close to home.** Saskatoon residents can have fun with their neighbours in a comfortable and friendly environment.

## community participant **comments**

“**Program was GREAT!**”

“**Instructors made the class fun!**”

“**Very good variety!**”

“**Love the reasonable rates!**”

Refer to this brochure for a listing of programs that are offered by Community Associations.