ADULT PROGRAMS

Booty Buster
Booty Buster is a fun, energetic, low impact workout that fuses techniques from Dance, Pilates and Yoga. Booty Buster will not only tone and lift your seat, but will work your abdominals, shoulders and arms; strengthen your legs and back; and improve posture to produce a beautiful, full body toning workout!

Butts and Guts Circuit
This class is a full body workout that has a focus on your abs, back, legs, glutes and core areas of the body. Bodyweight exercises (such as: squats, lunges, planks, etc) will strengthen, condition, and tone your body. Additional equipment such as ropes, bands, medicine balls, kettlebells, free weights and trx will be used. Your posture and stamina will improve. You will feel better, look better, and learn to love the mountain climber exercise (ok, you may not love it).

Core with a little bit more
The muscles in the core of the body (back and abs) are the target of this workout, and as a bonus, supporting muscle groups right from your shoulders down to the knees (including pelvic floor muscles) will be also be strengthened in this 45 min workout. This workout is based on functional movement and integrated training that will include core work, resistance training, balance, flexibility and cardio/core that will challenge all different fitness levels. During class you will utilize your own body weight, as well as use hand weights, bands, BOSU, stability balls, med balls, circuits, and more while standing, sitting, moving .... we will cover the spectrum. This class is designed to build strength throughout the core muscle groups and upper and lower body, while improving posture and balance by performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility and core stability. You will walk taller and feel stronger, and you will sweat... so bring a water bottle.

Forever in Motion/Level 1 Fitness
For most, aging well is living independently, sleeping well, enjoying good health and being free of pain. To help you age well, join the Forever....in Motion/Level 1 Fitness class. Gradually build balance, strength and vitality, and have some laughs with a new group of friends. Build endurance, increase energy and decrease stress. Increase muscular strength so everyday activities are easier. If you are new to exercise, or it’s been some time since you exercised, or if you are a walker and want to get in shape to join the local Pickleball league, this class is for you.

HIIT & Sculpt Express
HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Prepare to burn fat while building muscle and improving cardiovascular fitness. A total body challenge all done in 45 minutes! Options for all levels of fitness will be provided so everyone is welcome!

Low Impact and Sculpt
This class is targeted at those who want to build strength, balance and flexibility as well as tone and get a total body workout. It is a low impact class for all ages and fitness levels that allows
participants to work at a pace that is comfortable for them. During this workout, you will be moving through a variety of exercises that will involve multiple muscle groups, and you will get your heart pumping. The atmosphere in this class is fun, no stress and non-competitive. This is a modern workout that isn’t boring and doesn’t require previous training. Give it a try! We think you will love it!

**Low Impact Butts and Guts Circuit**
This class is a Low impact, intense full body workout. Bodyweight exercises (such as: squats, lunges, planks, etc) will strengthen, condition, and tone your body. Additional equipment such as ropes, bands, medicine balls, kettlebells, and free weights will be used.

**Pickleball**
It looks like tennis, sounds like ping pong, and favours the same light-on-your-toes action of badminton, but pickleball is a sport in its own right. Due to an explosion of popularity among older adults pickleball is a fast-growing sport in Canada that’s good for all ages. The game doesn’t require the same cardiovascular intensity of tennis, but you’ll soon see that matches are a good workout and lots of fun. Beginners and experienced players welcome. Equipment provided but feel free to bring your own paddles if you have them.

**Piloxing (Boxing/Pilates Fusion)**
Is a new exciting interdisciplinary program that is sweeping the US and Europe, and now in Canada. It combines the two extremes of interdisciplinary – The powerful feeling of BOXING - throwing solid punches, then transforming your body movement into PILATES, and feeling like a dancer; both are at opposite ends of the energy and emotional continuum. Yet, both share the common principle of working from the “core”. Piloxing uniquely mixes Pilates and Boxing moves into a calorie-blasting, muscle-toning and core centric interval workout. It uses a format that is both fun and challenging; that is guaranteed to whip you into shape! Please bring a mat. Other equipment will be supplied in the regular 10 week program (1/2 pound gloves/weights to tone arms). The class is done barefoot, or if you choose to wear shoes, please wear flat-bottomed shoes that have a flexible forefoot with some sort of traction. Most importantly always listen to your body, and only do what feels right for you!

**Senior’s Neighborhood Hub Club**
Seniors Neighborhood Hub Club presented by the SHCA and Sask. Council on Aging this fall, every second Tuesday of the month starting October through to May (no meeting in April) from 1:30-4 pm. The Seniors Neighborhood Hub Club (SNHC) is a “SCOA (Sask. Council on Aging) Age Friendly” initiative, aimed at reducing the isolation faced by many older adults in the city. Older adults are invited to attend a free drop-in program once a month. Each SCOA SNHC session begins with a blood pressure clinic for participants, followed by an educational presentation from various community organizations, i.e. The Parkinson’s Society, Prairie Hospital, Fire and Fall Prevention. Participants are invited to “Ask a Pharmacist” medication and prescription questions through a program sponsored by a local pharmacist. A short exercise session will be included. The remainder of the day is devoted to socializing, fun programs and refreshments. Positive aging means feeling good as you grow older. The key to positive aging is staying active, engaged and informed.
**Tabata Tone**
This is a high-intensity interval workout. The format is simple: 20 seconds of all-out exercise, followed by 10 seconds of rest. Repeat 8 times, then rest for a full minute. Designed to increase your heart rate, burn calories and build muscle. Why do we love Tabata? Because the 20/10 format allows us to work extra hard with time to recover. The result is a workout that’s effective, manageable and sweaty! The bonus with this format is that you can work out to YOUR maximum potential. As always, if required low impact options will be given. After all-you can do ANYTHING for 20 seconds! Please bring comfortable runners, a mat, towel and water.

**Women’s Fitness - Pelvic Floor, Core and More**
Friendly fitness. Pelvic floor and core strengthening. Stress relief. Energizing and refreshing body and mind. Finding beautiful you and feeling great! This gentle fitness class is designed for women of any age. Through friendly exercise, the class will focus on strengthening your pelvic floor muscles and core. The subtle and balanced core exercises will safely strengthen the abdominal muscles, the back and slim the waistline. In addition to building strength, the class will assist in learning how to tune into your body’s needs. This class aims to help with stress relief, boost your energy and build healthy confidence. Also, this class will help you develop your own daily routine that will keep you feeling young and happy. Bring your own yoga mat and a blanket; 2 yoga blocks if you have them (we do have a limited supply as well). Class will be practiced barefoot.

**Yoga, (for) Backs**
Yoga for Backs is not a mainstream yoga class. It is a therapeutic yoga practice that focuses on low back, thoracic spine, neck and shoulders. It is a gentle slow-paced class, which uses the support of props. You spend the majority of the class in supine poses (on your back) while being introduced to postures that encourage breath, relaxation, a release of muscular tension and improved postural alignment. No experience is required. Bring a mat and a towel or blanket to use as an extra prop if needed. Some may use it as a blanket for savasana.

**Yoga, Cardio Flow**
Cardio flow yoga class is a strong, full body workout. This yoga workout class is a great fusion of yoga postures. It is perfect for anyone that is looking to tone and stretch every muscle, to burn calories and build a healthy and strong body. This practice is also promoting balance between breath, body and mind.

**Yoga, Flow Multi-level Thursday**
Students should be familiar with the basic yoga poses. A moderately paced yoga with emphasis placed on core strength, flexibility and balance as well as relaxation and breath control. This flow is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. The postures are presented with more variations. This class is not suitable for new beginners.

**Yoga, Gentle Flow Saturday**
For those who are new to yoga and looking for a place to start learning the basic poses (asanas), and also for those who would like to continue to focus on the basic poses, breathing, stretching, strengthening and relaxation in a comfortable, non-judgmental atmosphere, and at your own
pace. No experience is necessary as the program will begin with more introductory poses that are clearly explained and broken down so that everyone can adjust for their body type/conditions. Please bring your own yoga mat and water bottle. Wear bare feet and comfortable clothing. It is best not to practice yoga on a full stomach. Straps and blocks are provided.

**Yoga, Restorative**
Restorative yoga allows you to surrender into the pose and prop yourself up so that you feel supported. You can completely let go into the pose with little to no stretch. It focuses a lot on the breath and relaxing the body completely, going through only a handful of poses and staying in them for extended periods of time. Restorative Yoga is a very relaxing and restoring practice that helps you slow down and settle in.

**Yoga, Yin**
Yin Yoga involves a deep and peaceful practice of seated and supine poses. It is a gentle practice that brings many benefits. It increases flexibility, joint mobility and stability. By holding a series of postures it is possible to stretch and release the connective tissue of the joints. This helps you maintain a healthy range of motion, while leaving you feel renewed and restored. Slow flow of yin yoga encourages clarity and focus. It provides balance and allows you to relax. No experience required. Blocks and straps provided. Bring your own yoga mat. You may want to bring a small blanket and a pillow to use as an additional yoga prop.

**Zumba™**
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!