

Health and Fitness

What is the Fit Centre?

The Fit Centre is a state of the art fitness facility that is a vital part of the University of Saskatchewan. The Fit Centre operates out of the College of Kinesiology Physical Activity Complex. It is our goal to provide an opportunity for participants to improve and maintain their health by creating a fun, friendly, and invigorating atmosphere for all users.

The Fit Centre caters largely to the Campus Community of students, faculty, and staff. Memberships are also available to U of S Alumni and the general public.

What makes the Fit Centre different?

We want you to feel great not only from your workout but from the experience you have while training here. Our equipment is very well maintained and our staff is professional. All of our student staff members bring unique qualities to our facility. Whether it's helping you at the front desk, leading you through a fitness class, or a personal training session, we encourage you to lead a healthy and active lifestyle.

Our staff is comprised of students from all over campus with our Fit Desk staff coming from the College of Kinesiology. These students have a strong academic and practical background in anatomy, exercise physiology, human movement, nutrition, and exercise prescription. All of our Fit Desk staff have or are pursuing national accreditation in the fitness industry by obtaining certifications that are regulated by the Canadian Society for Exercise Physiology (CSEP), and are recognized as the highest level of accreditation for fitness appraisal and exercise prescription in Canada. These certifications are: CEP – Certified Exercise Physiologist; and CPT – Certified Personal Trainer.

Follow us on Twitter @UofSFitCentre

Hours of Operation

Campus Fit Centre

Monday to Friday: 6:30 am – 10:30 pm
 Saturday & Sunday: 8:00 am – 9:00 pm

Climbing Wall*

Monday to Friday: 12:00 pm – 9:00 pm
 Saturday & Sunday: 10:00 am – 8:00 pm

Youth and Family Climb:

Friday: 7:00 pm – 9:00 pm
 Saturday & Sunday: 10:00 am – 1:00 pm

*Bouldering is permitted during wall hours only.

Education Activity Area

Monday to Friday: 7:00 am – 11:00 pm
 Saturday & Sunday: 8:00 am – 11:00 pm

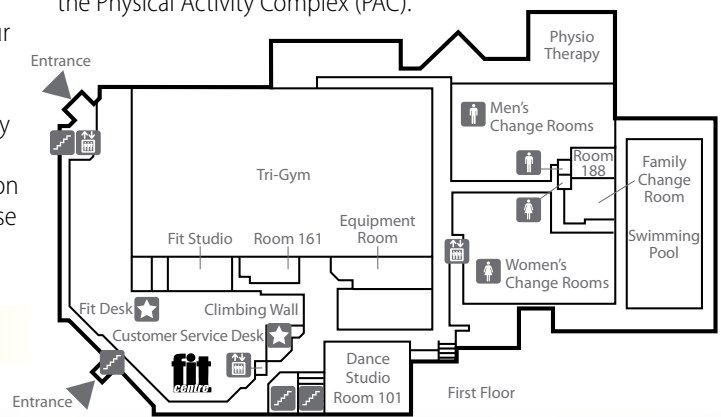
To Contact Education equipment room call 966-7698

Fit Centre hours are subject to change and the Fit Centre will be closed on statutory holidays.

Fit Centre Location

Address: 87 Campus Drive
 Saskatoon, Saskatchewan S7N 5B2

The Fit Centre is located on the first floor of the Physical Activity Complex (PAC).



Physical Activity Complex Main Entrance



Membership Conditions and Policies

WORDS OF WISDOM

"The only people who never fail are those who never try."

- Ilka Chase

Membership and use of the Fit Centre is a privilege which comes with responsibility.

All fitness facilities have "conditions" for membership. By becoming a user of the Fit Centre, you are agreeing to the conditions and policies of membership. The following policies apply to all Fit Centre members. Persistent, non-compliance of any policy may result in revoked membership privileges.

• All memberships are non-refundable and non-transferable

- You must be 18 years of age or a current U of S Student to be eligible for a membership
- Valid student, faculty/staff, or membership cards are required every time you use the facility. Cards are to be left at the Customer Service Desk for the duration of your workout.
 - Why do I need to swipe my card? The card is used to track the number of users of the facility, and track who is in the building for security purposes. It also ensures that those using the facility have paid the appropriate membership fees.
- Student, faculty/staff, or membership cards are non-transferable. Unauthorized access of the Fit Centre will result in suspension of membership privileges.
- Proper attire is to be worn in the Fit Centre at all times.

Supervisors on duty will monitor overcrowding, unacceptable behavior, and dangerous practices. Likewise they ensure flow on machines based on sign up.

Physical activity has inherent risks. For health and safety, all members will be asked to complete a Physical Activity Readiness Questionnaire (PAR-Q), on a yearly basis.

Fit Centre staff are not responsible if you have not read and/or do not understand any of the above conditions.

For further information on rights and responsibilities for members see our *PAC Membership Rights and Responsibilities* Document at:

<http://recservices.usask.ca/getfit/fit-centre/rights-responsibilities.php>

Membership Details:

Membership to the Physical Activity Complex (PAC) is open to University of Saskatchewan students, faculty, staff, alumni and the general public. **Full-time and part-time students pay for the use of the facility through their annual student fees.** ASPA members receive membership through their benefits package. The U of S Community which includes Faculty Association members, Staff (CUPE 1975, CUPE 3287) Alumni, and On Campus Non University (NRC, Ag Canada, RUH, Innovation Place) are all eligible to purchase a membership. Members of the general public may also purchase a membership.

All potential members who are faculty/staff, or alumni must present their U of S ID and/or alumni card when purchasing a membership or when utilizing the facility.

Membership Includes:

- Use of the Campus Fit Centre (13,500 sq. ft. of space)
- 80+ Pieces of cardio equipment
- Fit Studio
- Free weights
- Weight machines
- 30+ fitness classes a week from 6:30 am – 8:00 pm.
- 40 ft. indoor climbing wall
- 200m. Indoor walk/jog track
- 4 squash/racquetball courts
- PAC and Education pool for aqua-fitness, lane and family swim times
- Open gymnasium times (basketball, volleyball, badminton)
- Family change rooms
- Towel and locker service
- Equipment rentals (racquets, racquetball goggles)

Punch Pass/Drop In Pass

- Entitles access to the Fit Centre, fitness classes, open gym time, swimming pools, racquet courts and track.
- Non-transferable and non-refundable.
- Photo ID necessary upon every visit.
- Does not include towel service or equipment rentals (ie. squash racquets).

PAR-Q

Physical activity has inherent risks. For health and safety, all members will be asked to complete a Physical Activity Readiness Questionnaire (PAR-Q), on a yearly basis. The PAR-Q is used to identify the small percentage of people who should see their doctor before they start becoming more physically active.

Membership Price

U of S Student and ASPA	No additional charge
PAC Membership	\$50/Month+ GST \$440/year + GST
Student (that are not assessed rec fees)*	\$25/month + GST
Family Swim Pass (non members)	\$12/day
Education Only	\$25/month + GST
Wall Orientation	\$5 (valid for 6 months)
Drop in Pass	\$10/day + GST
10 Punch Pass	\$80 + GST

New memberships should be bought in PAC Room 222 Monday to Friday 8:30 am – 4:30 pm. New memberships are sold at the Customer Service Desk, only when there is a supervisor on duty.

Membership renewals can be completed in PAC Room 222 or at the Customer Service Desk.

** Students (that are not assessed rec fees): Includes visiting students. A visiting student is considered a person who is registered in full or part-time studies at a recognized institution and working towards a certificate, diploma, or degree; or they have a student visa to be in the country. Students "visiting" the University of Saskatchewan in order to complete a portion of their studies must be "sponsored" by the hosting college or unit at the University of Saskatchewan. It is the responsibility of the unit or college to forward a list of the names to the Health and Fitness Coordinator or to provide the visiting student with a letter of confirmation to present to staff upon purchase. **All visiting student memberships must be purchased through PAC Room 222 Monday to Friday 8:30 am – 4:30 pm.***

Fitness Classes

Having trouble staying motivated? Can't keep up the intensity in your workouts? Why not try a Fitness Class and have someone do it for you. Our Fitness Classes are specifically designed for you to achieve a maximum workout.

Something for everyone, the Fit Centre offers a wide variety of drop in fitness classes that will appeal to all levels and all skills. Check out our class descriptions, you'll be sure to find something that suits your needs. An updated schedule can be found on our webpage or call our Customer Service Desk at 966-1052 for all fitness class details.

Webpage and Online Booking:
<http://recservices.usask.ca/fitclasses>

Fitness Class Sign Up and Drop-In Procedure:

1. Class size is dependent on the class, be sure to sign up early to guarantee a spot.
2. You may sign up online for any class 2 days in advance. Please note, you will not be permitted to sign up for anyone else.
3. A limited number of additional drop in spots become available 1 hour prior to the start of the class. Sign up at the Customer Service Desk.
4. During peak times, tokens will be handed out at the Customer Service Desk starting 1 hour prior to class.
5. Classes start on time. Please don't enter the classes late as it disrupts the entire class.

Health and Fitness Seminars

Through the year we will be offering FREE information sessions on a variety of health and wellness topics. The sessions are open to ALL. Please watch for information around the PAC regarding upcoming sessions.

Advanced climbing lessons

September 13th and 27th @ 12:00 pm

These sessions are geared towards climbers who want to take their rock climbing skills to the next level. The session will cover skills for a range of climbing levels – from beginner to intermediate. Some of the skills covered will be: footwork, body placement, route reading, and climbing specific conditioning.

Instructor: Carley Reed

Carley Reed is a longstanding member of our rock wall staff, and an experienced climber with over 10 years of competitive experience. Carley has been a climbing coach at Grip It Climbing since 2012. Her coaching philosophy places an emphasis on efficiency and technique.

Mobility and Warmup - Oct 15th @ 11:00 am

Learn how to prepare your body properly before an intense workout. This seminar will teach you the tools to increase your mobility so you can maximize your range of motion and remain injury free.

Instructor: James Bayne

James holds a Bachelor of Science in Kinesiology with Great Distinction from the University of Saskatchewan and is a Certified Personal Trainer. He is currently pursuing a Bachelor of Science in Nutrition with plans to become a Registered Dietitian. James has been a long time employee of the Fit Centre and HPC. He has experience with a variety of clients, from general fitness enthusiasts to elite athletes. He believes that the development of strong fundamental movement patterns is the key to strength and conditioning for optimal performance and injury prevention.

Recovery - Jan 13th @ 2:00 pm

Recovery is one of the least utilized and most important tools to reaching your fitness goals. We will be discussing the importance of proper recovery, as well as strategies on how to recover properly, both within your workouts, and in between training sessions. We will also discuss how to schedule your workouts and recovery periods to optimize your performance.

Instructor: Justin Andrushko

Justin is currently a Doctor of Philosophy (PhD) student and holds a Master of Science degree in Kinesiology from the University of Saskatchewan where he specialized in neuromuscular physiology and adaptations to exercise. Justin also has experience as a strength and conditioning coach, having worked with football players at the high school, university and professional levels. As an athlete Justin was a dual sport athlete competing in track along with over 15 years of football experience, having played at the university level.

Learn-to Fitness - (1 part series)

This course is a great way to LEARN what the Physical Activity Complex has to offer. Our staff will give a guided tour of the facility and teach you the fundamentals to accessing the facility and Fit Centre. You will learn how to use the cardio equipment, strength machines and get a crash course on free weights! Dress to work out!

Choose the day and time that works best for you!

Term 1	
September 14, 2017	3:00 pm - 4:00 pm
September 17, 2017	12:00 pm - 1:00 pm
September 18, 2017	7:00 pm - 8:00 pm
Term 2	
January 11, 2018	3:00 pm - 4:00 pm
January 14, 2018	12:00 pm - 1:00 pm
January 15, 2018	7:00 pm - 8:00 pm

Location: Fit Centre (PAC)

Price: FREE

Limit: 8 per session

Student's only Bootcamp - (10 Week Program)

Do you want to work with a personal trainer, but don't want to pay big fees? In collaboration with HPC, Campus Recreation is offering a student only Bootcamp at the Education balcony. In these fitness sessions your personal trainer will put you through a mix of strength training circuits and cardio intervals that will show you how to push your limits to help you reach your goals.

Term 1 - 10 week program - 2 days per week	
September 19 - December 1, 2017	3:00 pm - 4:00 pm
Term 2 - 10 week program - 2 days per week	
January 16 - March 31, 2018	7:30 am - 8:55 am

Time: Tuesdays 7:00 pm & Saturdays 1:00 pm

Location: Education Balcony

Price: \$50

Limit: 12

Senior Aqua-Fit

September 12 to December 22, 2017		
Tuesday and Thursday	10:15 am - 11:15 am	\$75
Friday	1:30 pm - 2:30 pm	\$50
January 9 to April 26, 2018		
Tuesday and Thursday	10:15 am - 11:15 am	\$75

No Swims – February 20, 22 & 23, 2018

No Swims – April 3, 5 & 6, 2018

Location: Education Pool

Parking can be provided for Spring - Lot S

University of Saskatchewan Member Swim Schedule

Fall and Winter 2017

Effective September 15, 2017 to April 25, 2018

Lane Swims - designed for Faculty/Staff/Student Members ONLY - must be able to swim 25 metres comfortably.

Family Swims - designed for Faculty/Staff/Student Members and their families. Parent/Guardians MUST be in the water with the children.

Education Pool	
Monday to Friday - Lane Swim	11:30 am - 1:25 pm
Monday & Wednesday - Lane Swim	8:30 pm - 10:25 pm
Friday - Family Swim Only	8:30 pm - 10:25 pm
Saturday - Lane Swim	12:30 pm - 1:25 pm
Sunday - Family Swim Only	1:00 pm - 3:55 pm
Physical Activity Complex	
Monday/Wednesday/Friday - Lane Swim	7:30 am - 8:55 am
Monday to Friday - Lane Swim	10:30 am - 1:25 pm
Tuesday & Thursday - Lane Swim	4:00 pm - 5:55 pm
Wednesday - Lane Swim	8:30 pm - 10:25 pm
Friday - Family Swim Only	8:30 pm - 10:25 pm
Sunday - Family Swim Only	1:30 pm - 4:25 pm

Facility Closures	
Saturday	November 11, 2017
Monday	November 13, 2017
Monday	February 19, 2018
Friday	March 30, 2018

Noon Swim Adjustments PAC Pool	
Tuesday to Friday - February 20 to 23, 2018	12:00-12:55 pm
Monday to Friday - April 2 to 6, 2018	12:00-12:55 pm

The schedule can be found online at:
www.recservices.usask.ca

Squash and Racquetball Courts

The PAC is equipped with 4 racquet courts. The courts are available in 45 minute time slots from 6:30 am to 9:30 pm Monday - Friday and 10:15 am to 8:00 pm Saturday and Sunday. Courts can be booked online at <http://motion.usask.ca/courts/>. We ask that people do not make double bookings and keep to 1 time slot. In fairness to all users, the second slot of a double booking will be cancelled by PAC Staff. If the practice of double booking persists, membership privileges may be revoked. If you are unable to make your booking, please cancel it online. Your fellow racquet court users appreciate your efforts in keeping with these guidelines. If a court is not claimed within 10 minutes after the starting time, the court may be claimed by one person to practice, or by two people to play.

For your personal health and safety, appropriate eye wear is highly recommended! Eye wear can be rented at the equipment desk for members.

Racquets can be rented at the equipment desk. If you break a racquet there is a \$35.00 restocking fee. Broken strings are wear and tear, broken frames are not.



Climbing Wall

Yes, we have a climbing wall and yes it is the coolest thing on campus! "The Wall" is a 40 ft. high indoor climbing structure designed to look and feel like an actual rock face. Not only is climbing fun, it's a great full body workout, so come in to boulder or learn to climb.

All climbers are required to complete a climbing wall orientation and pass a belay test. All climbing equipment is provided. Experienced climbing instructors are on-site and are there to help make sure you have a safe and enjoyable climb.

Familiarize yourself with our state of the art climbing wall. This orientation for beginners and advanced climbers alike will give you an introduction to the safety procedures of our wall.

Wall Orientation

To book an orientation call 966-1052 or come check out the wall and sign up in person.

For group wall bookings call 966-1055 during office hours Monday to Friday 8:30 am - 4:30 pm.

Climbing Wall Hours of Operation

Monday – Friday	12:00 pm - 9:30 pm
Saturday and Sunday	10:00 am - 8:00 pm

Youth and Family Drop in Times

Friday	7:00 pm - 9:00 pm
Saturday and Sunday	11:00 am - 1:00 pm

Family/Youth Intro to Climb

Saturday and Sunday	10:00 am - 1:00 pm
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Please note: Bouldering is permitted during wall hours only.

Kids/Family Climbing Family (adult and child) Intro to Climb

Do you have a child between the ages of 5 and 13? Are they a potential "rock lizard"? And are you interested in climbing too? Head on down to the climbing wall and find out. You can learn to safely belay your child while your child gets comfortable on the wall. Feel free to stay and practice during the drop in time directly following the class. Please note that you will be required to pass a belay test in order to belay your child outside of the class time.

Youth Intro to Climb**

For climbers aged 14 – 17 years of age. Learn the basics of climbing including tying in, belaying, and safety procedures on the wall. Feel free to stay and practice during the drop in time directly following the class. Dependent on class numbers, you may be required to register in pairs.

Climbing Wall Fees

Child/Youth fee	\$5
Non-member adult drop-in fee	\$10
Family Intro to Climb	\$15
Wall Orientation additional	\$5
PAC member	No extra charge

Register online for
fitness classes!

<http://recservices.usask.ca/fitclasses>

Conditions of Underage Climbers

- **All under age climbers will require a parent or legal guardian to complete an informed consent form prior to accessing the wall. No exceptions.**
- All child climbers, 5 – 13yrs of age, will require direct supervision on the wall by a parent or legal guardian. The adult to child ratio not to exceed 1 parent per 2 children. Supervising adult must be a member of the Fit Centre or pay the daily drop-in fee (\$10)
- All youth climbers, 14 – 17yrs of age will require direct supervision on the wall by a responsible adult (i.e. an 18 year old will not be permitted to supervise under age friends etc. The adult to youth ratio not to exceed 1 adult to every 4 youth. Supervising adult must be a member of the Fit Centre or pay the daily drop-in fee (\$10)
- Lead climbing will not be permitted for any climber under the age of 18.
- Belaying will not be permitted for any climber under the age of 14; therefore all child climbers will require a parent or legal guardian to belay (see Family Intro to Climb).

- Underage climbers must stay within the vicinity of the wall and shall not have access to any other area within the Fit Centre.
- The Fit Centre is an adult facility; children or youth who are misbehaving will be asked to leave.
- Children should wear comfortable clothing and clean running shoes, no bare feet permitted.
- Must have completed Family/Youth Intro to Climb on either Saturday or Sunday from 10:00 am to 1:00 pm.

WORDS OF WISDOM

"Always make a total effort, even when the odds are against you."

- Arnold Palmer

MEND: where families get fit and healthy for free

MEND is a free, fun program for families with children 7-13 years of age who are above a healthy weight.

For further information:
Call 306-966-5094
Email mend@usask.ca
Web mendsk.ca

Programs are starting in October!
Check out the MEND program for 2-4 year olds.
Call today for more information.

"I did **MEND** and **LOVED IT!** I've got loads more **ENERGY** now and I'm so much more **CONFIDENT.**"
JOSH aged 12

MEND is starting soon near you. **Join today!**

POWERED BY SASKATCHEWAN BLUE CROSS

PRESENTED BY UNIVERSITY OF SASKATCHEWAN College of Kinesiology