

Spotlight on Parks & Rec Fitness Programs



Fitness for All Class

Monday and Friday 8:30 am at the hall.

Come out and have some fun and socializing all the while getting healthy! All abilities are welcome to train in a low impact warm up, cardio, strengthening and flexibility.

The instructor is trained to work with all health issues so if you have any questions or concerns before you start give Dee Cole a call at 306 929 2236 and she will discuss with you any concerns that you may have. Class can be adapted to fit all fitness levels.

Sessions run from September to May

Purchase a parks and rec punch card at the village office



Zumba



Wednesday 6:30 pm at the Hall,

Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip hop, salsa, merenge mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. The exercises include music with fast and slow rhythms, as well as resistance training

Latin inspired fitness class. All abilities welcome. Come join the party!! Dance yourself into a healthier lifestyle! Bring a water bottle and comfortable shoes. All fitness levels welcome.

Sessions run from September to May

Parks and Rec Punch cards available at the Village office