

New Saputo Health and Lifestyle Centre nearing completion at Alder

The Saputo Health and Lifestyle Centre, located at the Alder Recreation Centre, is nearing completion and will offer an exciting new variety of programs for all ages.

With financial contributions from Saputo and Humber College, the 5,000-square-foot facility features a large multi-purpose program space with a three-on-three basketball court and a pickleball court, and two smaller multi-purpose rooms designed for a variety of health and lifestyle program offerings. Programs planned to date include badminton, parent & tot playtime, strollercise, pickleball, three-on-three basketball, and a variety of fitness classes (yoga, family yoga, cardio core, let's play ball, Zumba burst, and POUND).

"The Town is truly appreciative of the support of Saputo and Humber College," said Mayor Sandy Brown. "This project brings the Town, local business and education together to create increased opportunities for community members to participate in physical activities in a wonderful facility."

The space is designed for participants of all ages and will allow the Town to grow programs targeting youth and active-agers. Drop-in programs featuring basketball, floor hockey and movie nights will be planned for youth.

Adjacent to the walking track, the Saputo Centre will offer opportunities for cross-programming, dryland training for sport groups, and activities for active agers, such as urban pole walking and stretch and strength classes. Participants will sweat, sculpt and rock during POUND® classes -- a cardio jam session inspired by the infectious, energizing fun of playing the drums. It's just one of the great fitness classes that will be offered in the new centre.

Members of the public can watch for new schedules and check out the drop-in schedules available on the Town's website. The official grand opening will take place in late January.