

April 2023

INSIDE THIS EDITION:

- 1 Welcome Spring!
- 2 Club Aurora Participant Etiquette
- 3 Club Aurora's Cardio Sign-Up Policy
- 4 Exercise Of The Month
- 5 Group & Aqua Fitness Spring Schedules
- 6 F.A.I.R. Access & Indoor Walking Club
- 7 Personal Training
- 8 Personal Training Staff
- 9 Club Aurora Fitness Staff

Welcome Spring!



Follow us on Social media

Club Aurora Participant Etiquette

Club Aurora strives to promote safety and enjoyability for all participants. Participants are expected to meet the following expectations:

1. Cell phones are allowed to be used in the Fitness Centre, however:
 - A. The use of cell phones cannot be at the disruption to others. Cell phone users must be respectful and mindful of others as it is a shared space.
 - B. The use of cell phones must not distract the user when using fitness equipment or causes health and safety issues.
 - C. The use of cell phones for photos or videos must only be used on themselves, and they are to respect the privacy needs of others.
 - D. The use of cell phones, personal digital assistants, digital cameras, and other recording devices are prohibited in the washrooms, change rooms and locker rooms.
2. Wear appropriate fitness and exercise attire (including indoor athletic shoes) that are not restrictive and may cause injury during physical activity.
3. Sanitize all cardio and strength machines after each use.
4. Use free weights in a safe, controlled, and non-disruptive manner. Participants are not allowed to throw or drop weights on the floor or onto the rack.
5. Refrain from wearing perfumes and cologne when exercising. Club Aurora is a scent-free facility.
6. To ensure the fair and equitable use of all fitness cardio machines, participants are required to abide by the cardio sign-up process. Please ask the Fitness staff for assistance.

PRO-TIP:

Don't feel like carrying around your Club Aurora membership key tag? Simply take a photo of the barcode and scan the photo at the fitness desk. Alternatively, you can use a third party app called STOCARD that allows you to store all your digital membership cards. The app is available for Android and iPhone.

Club Aurora Cardio Sign-up Policy

We have been experiencing an increase in the volume of cardio equipment users in our facilities. Many members were also experiencing issues with the current self-governed cardio sign-up system. Starting on Tuesday, March 7, Club Aurora implemented a new cardio sign-up process that is managed by the Fitness staff on-site. The goal is to have a process where it supports the majority of the members/participants in effectively accessing and utilizing the limited cardio machines in the Fitness Centre. The sign-up whiteboard has been removed and replaced with sign-up sheets located at the Fitness staff desk.

For those who are interested in using the cardio machines:

1. Check-in with the Fitness staff for assistance, and they will explain the sign-up process to you.
2. You are only allowed to sign-up for yourself and cannot sign-up for more than one cardio machine spot at a time.
3. You are asked to be present at the beginning of the sign-up time.
 - a. If the member/participant is not present after 5 minutes of the start time, then their spot is forfeited and the Fitness staff will allow another member to take the spot.

Please note that this is a new process for members, participants, and staff. Your feedback is appreciated as we fine-tune this process. Thank you for your patience and understanding.

Exercise Of The Month

The Leg Extension

The leg extension machine concentrates on the front of the leg and the muscles surrounding the knees. If you have any knee problems, please be cautious and begin with a lower weight and speak to one of our Fitness Staff to help determine if the machine is suitable for you.

- Begin by selecting an appropriate weight.
- Sit and align your knees approximately 90 degrees with the pivot which is located on the inner machine near the handles, by adjusting the back pad.
- Adjust the roller pad to a comfortable position on the front of the ankle or lower shin using one, or both, of the available handles that on the outside of the machines seat.
- Grasp both handles mentioned above.
- Curl your toes up towards your body and extend your legs in a slow, controlled motion.
- Pause for a moment at full extension.
- Slowly return to the start position.

If any pain or discomfort is felt around the knees, even after readjusting, this machine and exercise may not be appropriate for you. Please speak to your doctor.

Written by Lisa Carter –
Club Aurora Fitness Attendant

Photo demonstration by Joanne Donohue
Club Aurora Fitness Assistant



Group & Aqua Fitness Spring Schedules

Group Fitness Class Schedule – March 18 to June 30, 2023

Unless otherwise noted, all classes will be held in the Lind Realty Team Fitness Studio.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 to 6:45 a.m. PiYo®	6 to 6:45 a.m. P90X®	6 to 6:45 a.m. Sunrise Yoga	6 to 6:45 a.m. Chisel	6 to 6:45 a.m. Cycle	8 to 8:45 a.m. Cycle	
9 to 9:45 a.m. New! Cycle	9 to 9:55 a.m. New! Muscle Fusion	8 to 8:45 a.m. Cycle			8:15 to 9:10 a.m. Boot Camp	8:30 to 9:25 a.m. Cardio Sizzle/Chisel
9:15 to 10:10 a.m. Yoga Stretch	9:15 to 10:10 a.m. Zumba ®	9 to 9:45 a.m. Strictly Beginner Cyclefit (PR) (March 29 to May 31)	9 to 9:55 a.m. Zumba	9 to 9:55 a.m. Yoga Fusion	9:20 to 10:15 a.m. Yoga Stretch	9:30 to 10:25 a.m. Yoga Fitness
10:25 to 11:20 a.m. Yoga Stretch	10:20 to 11:05 a.m. Zumba Toning (PR) (March 28 to June 13)	9 to 9:55 a.m. RIP				
10:30 to 11:25 a.m. Boomer ABC's		9:15 to 10:10 a.m. Yoga Stretch 10:25 to 11:20 a.m. Yoga Stretch	10 to 10:55 a.m. Osteo Fitness	10 to 10:55 a.m. NIA	10:15 to 11:10 a.m. Zumba	
	10:30 to 11:00 a.m. Silver Spinners (PR) (March 28 to May 30)	10:30 to 11:25 a.m. Boomer ABC's				Legend: Room Location
12:15 to 1 p.m. Boot Camp	12:15 to 1 p.m. RIP		12:15 to 1 p.m. RIP	12:15 to 1 p.m. Zumba		The Loft
5:15 to 6 p.m. Barre (March 27 to May 15)		6:30 to 7:25 p.m. Zumba	6:30 to 7:25 p.m. Cardio Sizzle/Chisel	6 to 6:45 p.m. New! Cycle		Healthy Planet Gymnasium
6:30 to 7:25 p.m. Chisel	7 to 8 p.m. Yoga (PR) (March 28 to June 13)	7:30 to 8:30 p.m. Pilates (RP) (March 29 to May 31)	7 to 8:00 p.m. Yoga (PR) (March 30 to June 15)			Treasure Hill Cycle Studio
7:35 to 8:30 p.m. Yoga Stretch	7:30 to 8:15 p.m. Cycle	7:35 to 8:30 p.m. Yoga Stretch	7:30 to 8:25 p.m. Yoga Fitness 7:30 to 8:15 p.m. Cycle			(PR) Registered Program

Aquafitness Class Schedule – March 18 to June 30, 2023

Pre-registration is recommended. Information for Aquafitness Classes can be found by visiting [e-PLAY](#).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50 to 9:35 a.m. AQUA FITNESS SARC	8:50 to 9:35 a.m. AQUA ZUMBA SARC	8:50 to 9:35 a.m. AQUA FITNESS SARC	8:50 to 9:35 a.m. AQUA LEISURE SARC	8:50 to 9:35 a.m. AQUA ZUMBA SARC	9:35 to 10:20 a.m. AQUA LEISURE AFLC
9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA LEISURE SARC	9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA LEISURE SARC	
	1:05 to 1:50 p.m. AQUA LEISURE AFLC		1:05 to 1:50 p.m. AQUA FITNESS AFLC		
			1:55 to 2:40 p.m. Arthritis Aquafit (PR) AFLC (March 30 to June 29)		
7:40 to 8:25 p.m. AQUA FITNESS AFLC	7:40 to 8:25 p.m. AQUA LEISURE AFLC	7:40 to 8:25 p.m. AQUA FITNESS AFLC	7:40 to 8:25 p.m. AQUAFITNESS AFLC		AQUA LEISURE

F.A.I.R. Access

F.A.I.R. Access (Fee Assistance in Recreation) is a confidential fee assistance program for residents of Aurora to use for meaningful access to recreation programs and memberships.

Qualifying Town of Aurora residents may receive up to \$250 per person per calendar year to use towards a recreation program of their choice. Residents qualify based on their L.I.M. (Low Income Measure) as per Statistics Canada.

FAIR ACCESS
Fee Assistance In Recreation

Application Timing & Processes

The approximate processing time for Fee Assistance applications is 2 to 4 weeks from the time of submission. We strongly advise that families apply well in advance (minimum four weeks) before the designated registration start date of the program you wish to register for.

You will be notified by a Town Employee via phone or email advising you of your application status. Funding is not retroactive, and cannot be applied or used towards registrations made prior to funding approval.

INDOOR WALKING CLUB



Aurora Family
Leisure Complex

Tuesdays - 1:30 p.m. to 2:30 p.m.

- 1:30 p.m. - Walk
- 1:50 p.m. - Stretch
- 2:00 p.m. - Seminar

Walk. Stretch. Learn.

PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options. For more information, please email fitness@aurora.ca.

ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations.

PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages. Note - Personal training fees are February 1, 2023.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$69.85	\$87.31
3 Session Package*	\$163.50	\$204.38
5 Session Package	\$285.35	\$356.69
10 Session Package	\$540.80	\$676.00
20 Session Package	\$1,012.55	\$1,326.81
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$52.90	\$66.13
3 Session Package*	\$122.75	\$153.44
5 Session Package	\$213.30	\$266.63
10 Session Package	\$406.30	\$507.88
20 Session Package	\$751.25	\$939.06

^Semi-Private Personal Training fees are per person

* 3 Session package is a one-time only offer

Personal Training Staff

A Personal Trainer is a certified fitness professional. Personal trainers specialize in the design and instruction of individualized exercise programs. They work with you in setting, achieving, and maintaining your health, lifestyle and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All our staff members are fully certified by nationally accredited organizations.

Below are our current trainers who can help you achieve your health and fitness goals. Please contact fitness@aurora.ca if you would like additional information on our personal training program.

MEET OUR PERSONAL TRAINER



TATIANA

Let us help you achieve your health and fitness goals!

CLUB AURORA FITNESS STAFF

Adrian Wong
Recreation Supervisor, Aquatics & Fitness
awong@aurora.ca

Dave Szymkowicz
Fitness Coordinator
dszymkowicz@aurora.ca

Wayne de Ryck
Fitness Coordinator
wdeyryck@aurora.ca

Kareem Ali
kali@aurora.ca

Joanne Donohue
jdonohue@aurora.ca

Kevin Nguyen
KVanNguyen@aurora.ca

Vida Bond
vbond@aurora.ca

Terri Leach
tlease@aurora.ca

Ling Tong
ltong@aurora.ca

Lisa Carter
lcarter@aurora.ca

Wilson Ly
wly@aurora.ca

General Inquiries
Fitness@aurora.ca

Corey White
cwhite@aurora.ca



A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.