

## August 2023

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## HOLIDAY SCHEDULES – CIVIC HOLIDAY & LABOUR DAY

Have fun over the holidays! We have programs and activities for everyone to enjoy. Visit our [Holiday Schedules](#) webpage for full details.



**CIVIC HOLIDAY WEEKEND**  
Saturday, August 5 to Monday, August 7



**LABOUR DAY WEEKEND**  
Saturday, September 2 to Monday, September 4

## HEALTHIER LIFE WITH LESS STRESS

Written by Corey White, Fitness Assistant

Having a healthy life with less stress is essential for overall well-being and happiness. Here are some practical tips to help you achieve this.

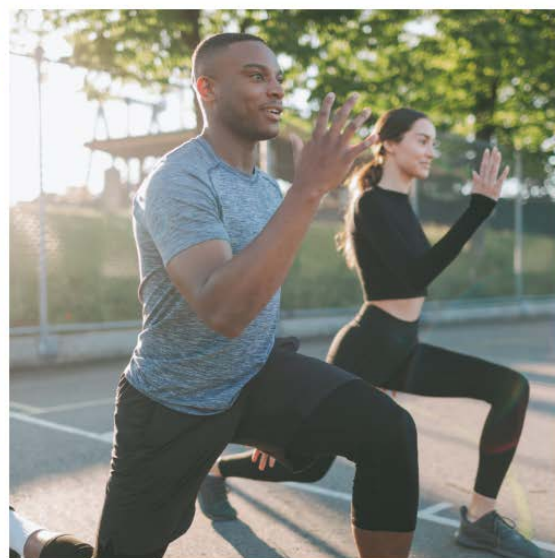
1. **Exercise regularly:** Physical activity is a great way to reduce stress and improve your overall health. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week. Activities like walking, jogging, swimming, or yoga can be beneficial.
2. **Eat a balanced diet:** Nourish your body with a well-rounded diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid excessive amounts of processed foods, sugary snacks, and caffeine, as they can contribute to stress.
3. **Get enough sleep:** Aim for 7 to 9 hours of quality sleep per night. A well-rested body and mind are better equipped to handle stress and daily challenges.
4. **Practice mindfulness & meditation:** Engaging in mindfulness techniques or meditation can help reduce stress and improve your ability to cope with difficult situations. Even just a few minutes of deep breathing or guided meditation daily can make a difference.
5. **Set realistic goals for yourself:** Avoid overwhelming yourself with an excessive workload or unrealistic expectations. Break down larger tasks into smaller, manageable steps, and celebrate your achievements along the way.
6. **Learn to say NO:** Don't be afraid to decline additional responsibilities or commitments if you feel overloaded. Prioritize your well-being and make time for yourself.
7. **Stay organized:** Keep a schedule or a to-do list to manage your tasks efficiently. Being organized can reduce stress by giving you a sense of control over your daily activities.
8. **Engage in hobbies and interests:** Make time for activities you enjoy and that help you unwind, whether it's reading, painting, gardening, or spending time with loved ones.
9. **Limit screen time:** While technology can be helpful, excessive screen time can contribute to stress and disrupt sleep patterns. Set boundaries for screen usage and make time for face-to-face interactions.
10. **Stay socially connected:** Maintain healthy relationships with family and friends. Having a support system can provide comfort and reduce stress during challenging times.
11. **Practice relaxation techniques:** Engage in activities that promote relaxation, such as taking a warm bath, spending time in nature, or listening to soothing music.

12. **Limit consumption of stimulants and alcohol:** Excessive caffeine or alcohol intake can increase stress levels. Moderation is key to a balanced lifestyle.
13. **Seek professional help if needed:** If stress becomes overwhelming or unmanageable, don't hesitate to seek support from a mental health professional. Therapy or counselling can provide valuable tools for coping with stress.

Remember, everyone's journey to a healthy and stress-free life is unique. Experiment with different strategies and find what works best for you. Patience and consistency are crucial as you work towards building a healthier and happier lifestyle.

Sources

<https://www.dhs.gov/employee-resources/blog/2021/07/27/tips-live-less-stressful-life>.





## Peanut Butter Energy Balls

Total Time: 20 minutes \* Makes 35 balls \* Serving Size: 2 balls



### Ingredients:

- 2 cups rolled oats (see Tip)
- 1 cup natural peanut butter or other nut butter
- ½ cup honey
- ¼ cup mini chocolate chips
- ¼ cup unsweetened shredded coconut

These healthy peanut butter and chocolate energy balls deliver a mixture of simple and complex carbohydrates to help fuel you up whenever you need a little boost.

### Preparation:

1. Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well.
2. Using a 1-tablespoon measure, roll the mixture into balls.

**Tip:** People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

**To make ahead:** Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer.

Per Serving: 174 Calories; 18g total carbohydrate; 2g dietary fiber; 10g total sugars; 4g protein; 9g total fat; 5 mcg folate; 8mg sodium; 6mg calcium; 1mg iron; 13mg magnesium; 53mg potassium

For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

EatingWell.

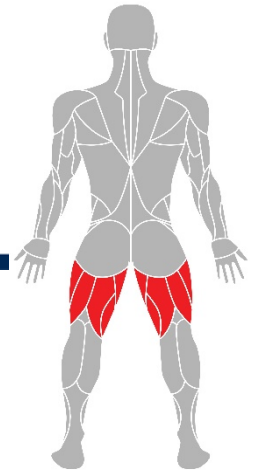
allrecipes!

## EXERCISE TECHNIQUES

### Seated Leg Curl Machine - Beginner

**Target Body Part**  
**Equipment Required**

Hamstrings  
Seated Leg Curl Machine #7



1. Begin by selecting an appropriate weight.
2. Align your knees with the pivot point by adjusting the back pad.
3. Rest your feet on top of the ankle pad and adjust it to a comfortable position just above the ankle.
4. Set the movement arm to your desired start position to allow a full range of motion.
5. Lower the thigh pad and lock it in place once it is snug to prevent your thighs from lifting off the seat.
6. Grasping both handles, curl your legs back in a slow, controlled manner, pausing at full contraction. Slowly return to the starting position.
7. Release the thigh pad when resting between sets and exiting the machine.
8. Complete 8 to 12 repetitions.



**If you are unsure how to perform any exercise correctly, please ask the fitness staff for assistance.**

## Member Spotlight – Dan Revington

Written by Dan Revington

Periodically we like to highlight goals and milestones achieved by our members. This month, we would like to congratulate Dan Revington on his amazing climb of Mount Kilimanjaro earlier this year.

Aurora resident Dan Revington, who summited Kilimanjaro in July, tells us that Adele Taylor's Yoga Stretch class at the A.F.L.C. was a vital part of his preparation.

Mount Kilimanjaro, at over 19,000 feet, is the highest mountain in Africa. Dan was part of a ten-day climb with four Canadians and seven Americans. "I knew the climb would be hard. It was harder than I expected" Dan says. "You start the climb in the lush rainforest, at the base of the mountain. The summit is cold, windy, and rocky, with the remains of glaciers." Fatigue, dehydration, and altitude sickness were some of the hazards the climbers faced. By the fourth day, all the climbers were suffering from some degree of altitude sickness. On Day 5, the progression of the illness required two of the climbers to be evacuated. The rest of the climbers reached the summit.

"At age 69, I knew that pre-climb training was essential for me. Adele's Yoga-Stretch class helped me with flexibility and core strength. Even though I was the oldest climber in our group, I had less knee, hip or back pain than the others. I credit yoga for that." In addition to yoga, Dan trained at a specialized gym in Toronto that provides low oxygen chambers, allowing him to practice at the oxygen level equivalent to 19,000 feet. A hike leader certified by Hike Ontario, Dan hiked the Bruce Trail with a group of friends for two years before the climb.

The highlight of the climb came on the final ascent. Dan explains "The hike starts at midnight. It was cold. The climb was difficult. You are climbing under a canopy of the brilliant stars of the southern hemisphere. There was a full moon that night. The view was spectacular. The climb is timed so you reach the summit at sunrise. Seeing the sun come up over Africa from the top of Mount Kilimanjaro is a bucket list moment."



The photograph shows Dan at the summit of Mount Kilimanjaro, holding a banner saying, "Yoga Stretch Aurora". It includes Adele's name, and that of Allison Stuart, who spearheaded a card and gift from the Yoga Stretch class wishing Dan success on his climb.



## FALL 2023 PROGRAM GUIDE

The Fall 2023 Program Guide will be available to view online on August 8. To view the program guide online, go to our [Program Guide](#) webpage.

### Registration Dates – Online & In-Person

| Recreation Programs – Fall         |               |
|------------------------------------|---------------|
| Aquatic Leadership Programs – Fall |               |
| Residents                          | Non-Residents |
| August 14                          | August 21     |

| Aquatic Learn to Swim Programs – Fall |               |
|---------------------------------------|---------------|
| Residents                             | Non-Residents |
| August 23                             | August 30     |

**Register Online** – To register online, go to our [Program Guide](#) webpage. Once you have selected the program you wish to register for, simply click on the code # and you will automatically be directed to our e-PLAY online registration system.

**Register In-Person** – To register in-person, visit the AFLC or SARC to pay in-person.



## Stronach Aurora Recreation Complex Pool Closure September 5 to 17, 2023

The SARC Canadian Tire Aquatic Centre Pool will be closed from Tuesday, September 5 to Sunday, September 17 for annual maintenance.

Please see the AFLC Desjardins Pool swim schedule posted on the [Aquatics](#) webpage for available swim times and aquafitness classes during this pool closure.



## FALL FITNESS REGISTERED PROGRAMS

## ARTHRITIS AQUAFIT

**Age: 18+ years**

**Location: AFLC Desjardins Pool**

This 45-minute specialty class is for people who suffer from arthritis. The objective of the recreational exercises are to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

| DAY | DATE   | TIME        | FEE/CLASS                 | CODE                  |
|-----|--------|-------------|---------------------------|-----------------------|
| Thu | Sep 14 | 1:55pm      | \$86.80/14<br>Older Adult | <a href="#">28860</a> |
|     |        | –<br>2:40pm | \$108.50/14<br>Adult      |                       |

## BARRE

**Age: 14+ years**

**Location: Lind Realty Team Fitness Studio**

This low impact, full body workout, incorporates ballet inspired moves, combined with elements of Pilates, dance, yoga and strength training. This class is suitable for all fitness levels.

| DAY | DATE   | TIME        | FEE/CLASS               | CODE                  |
|-----|--------|-------------|-------------------------|-----------------------|
| Wed | Sep 13 | 5:15pm      | \$69.20/8<br>Member     | <a href="#">28861</a> |
|     |        | –<br>6:00pm | \$83.04/8<br>Non-Member |                       |



## PILATES

**Age: 14+ years**

**Location: Lind Realty Team Fitness Studio**

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging, and revitalizing workout.

| DAY | DATE   | TIME        | FEE/CLASS                 | CODE                  |
|-----|--------|-------------|---------------------------|-----------------------|
| Wed | Sep 20 | 7:30pm      | \$86.50/10<br>Member      | <a href="#">28867</a> |
|     |        | –<br>8:30pm | \$103.80/10<br>Non-Member |                       |

## SILVER SPINNERS CYCLEFIT

**Age: 55+ years**

**Location: Cyclefit Studio**

This 30-minute beginner cycling class provides a gentle, yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

| DAY | DATE   | TIME                 | FEE/CLASS                | CODE                  |
|-----|--------|----------------------|--------------------------|-----------------------|
| Tue | Sep 12 | 10:30am –<br>11:00am | FREE/12<br>Member        | <a href="#">28862</a> |
|     |        |                      | \$64.20/12<br>Non-Member |                       |





## STRICTLY BEGINNER CYCLEFIT

**Age: 14+ years**

**Location: Cyclefit Studio**

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants

| DAY | DATE   | TIME              | FEE/CLASS             | CODE                  |
|-----|--------|-------------------|-----------------------|-----------------------|
| Wed | Sep 13 | 10:00am – 10:45am | FREE/12 Member        | <a href="#">28863</a> |
|     |        |                   | \$81.00/12 Non-Member |                       |

## YOGA

**Age: 14+ years**

**Location: Aurora Town Square  
Program Room#2**

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improve circulation and reduce stress.

| DAY | DATE   | TIME            | FEE/CLASS              | CODE                  |
|-----|--------|-----------------|------------------------|-----------------------|
| Tue | Sep 12 | 7:00pm – 8:00pm | \$144.00/12 Member     | <a href="#">28864</a> |
|     |        |                 | \$172.80/12 Non-Member |                       |
| Thu | Sep 14 | 7:00pm – 8:00pm | \$144.00/12 Member     | <a href="#">28865</a> |
|     |        |                 | \$172.80/12 Non-Member |                       |

## ZUMBA TONING

**Age: 14+ years**

**Location: Lind Realty Team Fitness Studio**

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba “fitness party” with the benefits of safe and effective strength training. It’s an easy-to follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

| DAY | DATE   | TIME              | FEE/CLASS             | CODE                  |
|-----|--------|-------------------|-----------------------|-----------------------|
| Tue | Sep 12 | 10:20am – 11:05am | FREE/12 Member        | <a href="#">28866</a> |
|     |        |                   | \$81.00/12 Non-Member |                       |

## GUIDED HIKES

**Age: 18+ yrs**

**Location: Shepherds Bush \*  
Hadley Grange ^**

These walks are designed to encourage families to get active, while enjoying York Region’s finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

| DAY | DATE   | TIME             | FEE/CLASS | CODE                    |
|-----|--------|------------------|-----------|-------------------------|
| Sat | Sep 23 | 9:00am – 10:15am | \$5.00/1  | * <a href="#">28868</a> |
| Sat | Oct 21 | 9:00am – 10:15am | \$5.00/1  | ^ <a href="#">28869</a> |

## CLUB AURORA SQUASH PROS

## MEET OUR SQUASH PROS



**HOWARD** – With over 40 years experience in the sports and event management business, Howard has been involved in and organized over 145 events during his career. He discovered squash in his early twenties and organized the Canadian Open Squash Championships from 1985 to 1993. As a former fitness club owner, Howard helped to develop squash programs for house league, T&D and programs to promote and develop interest for players of all ages. In the past, Howard also has assisted in coaching the St. Andrew's College Varsity squash team. Currently, Howard has been the squash pro at the AFLC since 2012 and is responsible for running all aspects of the squash program.

**ALEX** – Alex brings over 10 years of experience playing squash, ranging from the junior level to University level. He competed with the highly competitive Western University Mustangs during his undergraduate studies, notably capturing a record-breaking 33 consecutive OUA championship titles in 2016. Today, Alex spends most of his time on the squash court coaching others, both at the AFLC as well as being a coach at St. Andrew's College.



**PAULA** – Paula discovered her passion for squash in 2011, and since then, her love for the game has only grown. As an active member of the Ladies T&D league, she has not only participated in numerous local and international competitions but also achieved commendable placements. Notably, Paula took the initiative to establish the Women's Learn to Play Squash Program at the AFLC, further contributing to the sport she adores. Beyond the thrill of the game itself, what Paula cherishes the most about squash is its vibrant community. Within this tight-knit circle, she finds an abundance of joy, inclusiveness, and genuine camaraderie.

**DAVE** – Dave started playing squash in university and still loves playing 40 years later. Playing squash keeps him young. He's always learning something about the game from how to hit more creative shots or more efficient movement, to strategy. When he's not playing sports, he listens to classic rock, classical music, and talk radio, or reads books about the mind and how it works. His goal is to figure it all out one day!



**KATHY** – Kathy is an active competitor across multiple racquet sports including squash, tennis and pickleball. She especially enjoys the camaraderie, competition and physical fitness provided by squash. She has played on a Toronto and District Women's Squash Team for more 20 years. She is happy to have the opportunity to introduce and encourage more people to the game of squash.

## SQUASH MEMBERSHIP INFORMATION & FALL PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

| Package Information | Monthly  |              | 12 Months |              |
|---------------------|----------|--------------|-----------|--------------|
|                     | Resident | Non-Resident | Resident  | Non-Resident |
| Adult               | \$40.30  | \$50.38      | \$464.50  | \$580.63     |
| Youth / Older Adult | \$32.25  | \$40.31      | \$371.70  | \$464.50     |

### SQUASH HOUSE LEAGUE

This is a mixed team's event, open to all levels of play.

The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm.

Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league but must pay the applicable \$41.62 fee for a third night.



### HOUSE LEAGUE – FALL 2023

Age: 14+ years

Location: AFLC Squash Courts 1, 2, 3

| PROGRAM             | START/END DATE                       | TIME             | FEE/CLASS                                   | CODE                    |
|---------------------|--------------------------------------|------------------|---|-------------------------|
| Squash House League | Sept 11 – Dec 11<br>*No class Oct. 9 | 5:40pm to 9:40pm | FREE/13 Member<br>\$123.70/13 Non-Member    | <a href="#">29046</a> * |
| Squash House League | Sept 13 – Dec 13                     | 5:40pm to 9:40pm | FREE/14 Member<br>\$125.62/14 Non-Member    | <a href="#">29047</a>   |
| Round Robin         | Sept 15 – Dec 15<br>*No class Oct. 6 | 6:00pm to 8:00pm | \$78.00/13 Member<br>\$119.62/13 Non-Member | <a href="#">29048</a> * |



## LEARN TO PLAY

**Age: 8+ Level: Beginner to Advanced**

**Age: Women's - 18+ years**

**Location: AFLC Squash Courts 1, 2, 3**

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment, with players partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

The **Women's Learn to Play Squash** program is an introductory recreational program that emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants 18+ years who are new to the sport. Participants will be partnered with others of similar ability.

| LEVEL   | START/END DATE                          | TIME              | FEE/CLASS                                 | CODE                   |
|---|---|-------------------|---|------------------------|
| <b>Beginner</b>   |   |                   |   |                        |
| Session 1   | Sept 14 to Oct 26                       | 6:00pm to 7:00pm  | \$65.10/7 Member<br>\$78.15/7 Non-Member  | <a href="#">29035</a>  |
| Session 2   | Nov 2 to Dec 14                         | 6:00pm to 7:00pm  | \$65.10/7 Member<br>\$78.15/7 Non-Member  | <a href="#">29036</a>  |
| <b>Intermediate</b>   |   |                   |   |                        |
| Session 1   | Sept 14 to Oct 26<br>Nov 2 to Dec 14    | 7:00pm to 9:00pm  | \$65.10/7 Member<br>\$78.15/7 Non-Member  | <a href="#">29038</a>  |
| Session 2   | Nov 2 to Dec 14                         | 7:00pm to 9:00pm  | \$65.10/7 Member<br>\$78.15/7 Non-Member  | <a href="#">29039</a>  |
| <b>Advanced</b>   |   |                   |   |                        |
| Session 1   | Sat Sep 16 to Nov 4<br>*No class Oct 7  | 9:00am to 12:00pm | \$97.65/7 Member<br>\$117.20/7 Non-Member | <a href="#">29040*</a> |
| Session 2   | Sat. Nov 11 to Dec 9                    | 9:00am to 12:00pm | \$69.75/5 Member<br>\$83.70/5 Non-Member  | <a href="#">29041</a>  |
| <b>Beginner for Women</b>                                       |   |                   |   |                        |
| Session 1<br>(Split into 2 time slots,<br>based on skill level) | Sun Sep 10 to Oct 29<br>*No Class Oct 8 | 9:00am to 12:00pm | \$97.65/7 Member<br>\$117.20/7 Non-Member | <a href="#">29044*</a> |
| Session 2<br>(Split into 2 time slots,<br>based on skill level) | Sun Nov 5 to Dec 10                     | 9:00am to 12:00pm | \$83.70/6 Member<br>\$100.45/6 Non-Member | <a href="#">29045</a>  |

## 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](mailto: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.

| 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              | \$1,061.45          | \$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            | \$154.44                |
| 5 Session Package               | \$213.30            | \$266.63                |
| 10 Session Package              | \$406.30            | \$507.88                |
| 20 Session Package              | \$751.25            | \$939.06                |

\* 3 Session package is a one-time only offer.

^ Semi-Private Personal Training fees are per person.

## CLUB AURORA PERSONAL TRAINERS

A Personal Trainer is a certified fitness professional who specializes 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.

Please contact [fitness@aurora.ca](mailto:fitness@aurora.ca) if you would like additional information on our personal training program.

### MEET OUR PERSONAL TRAINER

#### ALEXA

Alexa has been in the fitness industry for eight years from teaching fitness classes to personal training. She started her fitness journey at 10 years of age after taking a spin class and knew she wanted to be doing this for the rest of her career.

Alexa's passion for helping others to get healthy, strong, and live their best lives has always been her goal with clients. Her specialties include general fitness, rehabilitation exercises, weight loss, functional fitness, and CrossFit training.



### TRAINER TIP

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

**If you want to see changes in your body, STOP wasting hours on cardio machines and focus more on strength conditioning!**

Strength training builds lean muscle mass which both increases your metabolism and decreases body fat. This gives you the muscle tone and definition that people want. The more muscle you build, the more calories you burn on a day-to-day basis even at rest.

Cardio training, on the other hand, is more likely to result in both fat and muscle loss which could lower your metabolism. Also, overdoing it long-term with cardio training can negatively affect fat loss by increasing your stress hormones (cortisol).

Recommended amounts for cardio training are approximately 30 minutes/5 times per week and for strength training, approximately 30 to 60 minutes/2 to 3 times per week or more.





## CLUB AURORA FITNESS STAFF

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Let us help you achieve your health and fitness goals!

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

FREE EVENT



AURORA'S 2023  
**CONCERTS  
IN THE PARK**

SUMMER CONCERT SERIES

Aurora Town Park  
49 Wells Street • 7 p.m. to 9 p.m.

**TD Premium Concert Experience**

With every food donation made for the Aurora Food Pantry before the concerts starts, you have the opportunity to win an incredible concert prize package.



The Aurora Farmers' Market and Artisan Fair will be on-site with samplings from market starting at 6 p.m.

Inclement Weather? Please call the 24-hour special events line at 905-726-4762.

We reserve the right to cancel, amend or change activities.

[aurora.ca/summerconcerts](http://aurora.ca/summerconcerts)  
#AuroraConcerts

**JUNE 21 • DAVE MOWAT AND TRIO**

As we celebrate National Indigenous Peoples Day, enjoy this early start to the concert series with a Chicago, Delta and Country blues feel for the night from a bygone era.

**JULY 5 • THE BRITISH LEGENDS**

Featuring the Production of David Bowie, Mick Jagger, Elton John, Rod Stewart and Freddie Mercury, this all-Canadian cast has amazing vocals and authentic looks.

**JULY 12 • HOTEL CALIFORNIA - A TRIBUTE TO THE EAGLES**

For over three decades now they have been thrilling audiences by providing a masterful celebration of The Eagles music.

**JULY 19 • THE CHICKS TRIBUTE SHOW**

A tribute to the top selling female country group, The Chicks.

**JULY 26 • FROM THE HIP**

From The Hip aims to deliver what The Tragically Hip did best, perform live, with jams and impromptu rants that would make Gord and the boys proud.

**AUGUST 2 • SUZIE McNEIL & THE CHAIN REACTION**

Suzie McNeil is a powerful vocalist and Juno award winning artist currently in her 3rd year singing back-up for Aerosmith on their 2023 Peace Out Farewell tour.

**AUGUST 9 • PIECE OF MY HEART - TRIBUTE TO JANIS JOPLIN**

Capturing the raw essence of Janis Joplin both vocally and visually, this electrifying tribute band takes its audience on a musical trip down memory lane to the 60s!

**AUGUST 16 • TORONTO ALL-STAR BIG BAND**

The Toronto All-Star Big Band revives the spirit, style and sound of the 30s, 40s and 50s.

**AUGUST 23 • JUKEBOX HEROES - TRIBUTE TO FOREIGNER**

An international tribute to Foreigner. Performs all the hits to get you out of your seat.

**AUGUST 30 • CHER AND NIGHT FEVER, TRIBUTE TO THE BEE GEES**

Cher also known as the "Goddess of Pop", this Tribute to Cher will not disappoint. Night Fever, will take you back to the sounds of one of the greatest pop bands in history, The Bee Gees.

**Concerts are free**

For your seating comfort, please bring your own lawn chairs.

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A food donation for the Aurora Food Pantry is appreciated.  
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Inclement Weather? If you are unsure about the weather the day of the event and its impact on the event, please call the 24-hour special events line at 905-726-4762. Any changes to the event, based on weather, this line will always have the most current information.

We reserve the right to cancel, amend or change activities.

AURORA