

September 2023

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HOLIDAY SCHEDULES – LABOUR DAY

Have fun over the holidays! We have programs and activities for everyone to enjoy.

Visit our [Holiday Schedules](#) webpage for full details.

LABOUR DAY WEEKEND

Saturday, September 2 to Monday, September 4



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

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

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



FALL 2023 PROGRAM GUIDE

The Fall 2023 Program Guide is now available for online viewing on our [Program Guide](#) webpage! Registrations are open for our Recreation and Aquatic programs.

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 A.F.L.C. or S.A.R.C. to pay in-person.



ARTHRITIS SOCIETY CANADA URGES CANADIANS TO UNITE IN BLUE THIS ARTHRITIS AWARENESS MONTH.

Arthritis is an incurable disease that can strike at any age. Many Canadians don't understand the seriousness of it, how it robs mobility, drains energy, and impacts countless individuals' mental health and sense of self. For a disease that affects 1 in 5 people, it is shocking how misunderstood it is. Chances are 20 percent of people you know – your colleagues, your employees, your loved ones, your family members – are suffering silently.

September is Arthritis Awareness Month – an important month to the countless Canadians living with arthritis. Arthritis Society Canada is running a national campaign called [Faces of Arthritis](#), with several initiatives planned throughout the month to stand in unity with 6 million Canadians living with arthritis.

Watch out for and share #FacesOfArthritis stories on social media and read below to see how you can help shine a light on the realities of living with arthritis.

Think you know Arthritis?

Misconceptions add to the agony of arthritis. People living with arthritis feel unseen and dismissed because Canadians don't understand how serious arthritis is. Do you?

[Take the quiz](#) and see – can you tell the myths from the facts?

Submitted by Arthritis Society Canada

Share your Story.

Are you or someone you love living with arthritis? Arthritis Society Canada is curating a powerful video montage to share the real agony of the disease – the losses, the missed moments, the mental, physical, and emotional toll. Arthritis Society Canada invites you to share a brief 10-second video that encapsulates your experience with arthritis. Maybe it's a snippet of your daily routine, an emotional moment, or a symbol of your challenge, help us to help others understand the real impact of arthritis through powerful images.

Here are just some examples of the type of imagery we are looking for within the videos.





Fashion on Fire

On September 28, renowned designer David Dixon will unveil his 2023 arthritis-friendly capsule collection at our Fashion on Fire event, using fashion as a language to help raise awareness about arthritis.

Be part of all the fun and flair of #FashionOnFire through our social media channels and join us in person if you are in the Toronto area.

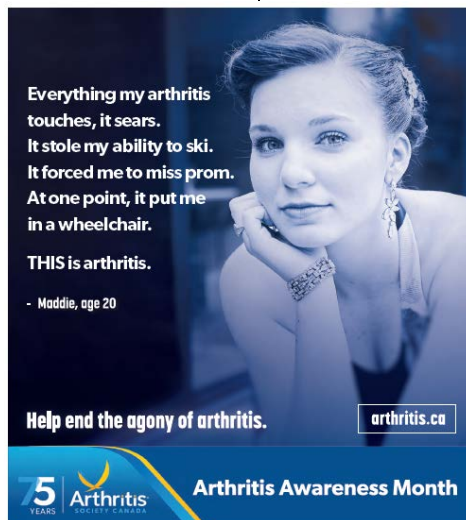
[Buy your tickets today!](#)

United in Blue

On October 12, World Arthritis Day, monuments and landmarks from across the country will be illuminated in blue in solidarity with the 6 million Canadians living with arthritis. Send a powerful message of unity by wearing your favourite blue outfits, [visiting one of these illuminated sites](#) and sharing pictures on social media using #Blue4Arthritis. Let's create an unstoppable blue wave and help end the agony of arthritis!

Arthritis Society Canada has a bold dream of discovering a cure for arthritis. With the continued generosity of Canadians, that dream can turn into a reality. Until then, the organization is sounding the alarm to help Canadians understand the urgency to work towards a cure and dispel misconceptions around the disease.

Individuals impacted by arthritis can find community, support, and the latest evidence-based research through Arthritis Society Canada at arthritis.ca. To support Arthritis Society Canada's efforts, donate at arthritis.ca/donate.



Everything my arthritis touches, it sears. It stole my ability to ski. It forced me to miss prom. At one point, it put me in a wheelchair. THIS is arthritis.

- Maddie, age 20

Help end the agony of arthritis. arthritis.ca

5 YEARS Arthritis SOCIETY CANADA Arthritis Awareness Month

Healthy Brownies

Total Time: 1 hour * Makes 9 servings * Serving Size: 1 brownie



This recipe was developed by our own Ling Tong, Fitness Attendant at Club Aurora.



Ingredients

- ½ cup of flaxseed (grinded)
- ½ cup of hemp heart (smashed)
- ½ cup all purpose flour
- ½ cup unsweetened cocoa powder
- ¼ cup chocolate chips
- ¼ cup sugar
- 2 tsp baking power
- ¼ tsp salt
- 2 large eggs
- 2 tsp vanilla extra
- 1 cup water

Preparation

1. Mix together the dry and wet ingredients in two separate bowls.
2. Combine the two bowls.
3. Sprinkle the dry mixture over the wet one, and fold until combined.
4. Pour the batter into a baking pan lined with parchment paper and using a rubber spatula to spread it.
5. Bake at 350° F for 40 to 45 minutes, until a toothpick inserted comes out with a few crumbs attached.

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

EatingWell.

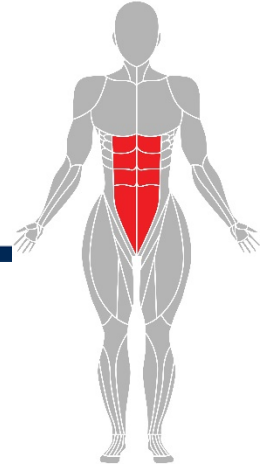
allrecipes

EXERCISE TECHNIQUES

Abdominal Curl Machine - Beginner

Target Body Part
Equipment Required

Rectus Abdominus
Abdominal Curl Machine #1



1. While seated, adjust the seat up or down with the yellow lever to align your navel with the machine's axis of rotation.
2. Ensure that your feet are behind the roller pads.
3. Select an appropriate weight.
4. Place your elbows on the pads and gently hold onto the handgrips. Do not use your hands to pull.
5. Pull your chest forward towards your hips (legs) in a crunch movement. Pause for a moment before returning to the start position and repeat.
6. Complete 8 to 12 repetitions.



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

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 Older Adult	28860
		2:40pm	\$108.50/14 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 Member	28861
		6:00pm	\$83.04/8 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
Mon	Sept 18	1:30pm – 2:30 pm	\$77.85/9 Member \$93.42/9 Non-Member	29891
Wed	Sep 20	7:30pm	\$86.50/10 Member	28867
		8:30pm	\$103.80/10 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 – 11:00am	FREE/12 Member	28862
			\$64.20/12 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	28863
			\$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	28864
			\$172.80/12 Non-Member	
Thu	Sep 14	7:00pm – 8:00pm	\$144.00/12 Member	28865
			\$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	28866
			\$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	* 28868
Sat	Oct 21	9:00am – 10:15am	\$5.00/1	^ 28869



e-PLAY

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 *No class Oct. 9	5:40pm to 9:40pm	FREE/13 Member \$123.70/13 Non-Member	29046 *
Squash House League	Sept 13 – Dec 13	5:40pm to 9:40pm	FREE/14 Member \$125.62/14 Non-Member	29047
Round Robin	Sept 15 – Dec 15 *No class Oct. 6	6:00pm to 8:00pm	\$78.00/13 Member \$119.62/13 Non-Member	29048 *

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
Beginner				
Session 1	Sept 14 to Oct 26	6:00pm to 7:00pm	\$65.10/7 Member \$78.15/7 Non-Member	29035
Session 2	Nov 2 to Dec 14	6:00pm to 7:00pm	\$65.10/7 Member \$78.15/7 Non-Member	29036
Intermediate				
Session 1	Sept 14 to Oct 26	7:00pm to 9:00pm	\$65.10/7 Member \$78.15/7 Non-Member	29038
Session 2	Nov 2 to Dec 14	7:00pm to 9:00pm	\$65.10/7 Member \$78.15/7 Non-Member	29039
Advanced				
Session 1	Sat Sep 16 to Nov 4 *No class Oct 7	9:00am to 12:00pm	\$97.65/7 Member \$117.20/7 Non-Member	29040*
Session 2	Sat. Nov 11 to Dec 9	9:00am to 12:00pm	\$69.75/5 Member \$83.70/5 Non-Member	29041
Beginner for Women				
Session 1 (Split into 2 time slots, based on skill level)	Sun Sep 10 to Oct 29 *No Class Oct 8	9:00am to 12:00pm	\$97.65/7 Member \$117.20/7 Non-Member	29044*
Session 2 (Split into 2 time slots, based on skill level)	Sun Nov 5 to Dec 10	9:00am to 12:00pm	\$83.70/6 Member \$100.45/6 Non-Member	29045

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.

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.

TRAINER TIPS

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

Is It True That It Is Not a Good Idea to Do the Same Exercises During Each Workout Session?

Everyone needs a change from their workout. If you continue to follow a workout without any changes, it can place you in a plateau and hinder your results. It is recommended that you change your program every 4 to 6 weeks. However, you can also alter your program slightly each time you work out. Just changing how you perform an exercise can help you see results.

For example, during one workout you could execute the plank on a bench and then on the following workout perform it on a mat. The small adjustment in height uses your muscles slightly differently even though the same exercise is being done.



These little differences add up and keep the body guessing and changing. Every 4 to 6 weeks you will probably be ready for new exercises, changing up sets/reps, moving from machines to dumbbells or adding more weight. The combinations are endless. Change is good when it comes to working out!

What Is the One Thing People Forget to Do When Working Out?

It's hard to pin down just one thing we see people not doing.

Warm Up. Warming up is an important part of your workout and forgetting to do so can lead to injury. Make sure to begin your workout with a five-minute warm up. For example, walk in place or around the room.

Unilateral Training. Most people only work their legs, chest, back, arms and other areas bilaterally or "together". Try exercising them one side at a time to help prevent your stronger side from doing all the work. Our facility has many machines that allow you to do this but you can also work on each side separately while training at home.

Stretch. One of the most common things that people forget to do is stretch after their workout. Stretching eliminates the lactic acid that has accumulated inside the body and relaxes the muscles.

Ask for our Advice. Fitness participants often do not take advantage of the expertise that the fitness staff at Club Aurora have. Our trained experts can help you with your questions, provide exercise suggestions and check your form to ensure that you are doing a specific exercise correctly.

Need answers to your fitness questions?

You can email them to fitness@aurora.ca and one of Club Aurora's Fitness Professionals will post the answer in the **Training Tip** section of our newsletter.

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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.

SATURDAY NIGHT FEVER



SEPTEMBER 9, 2023

4 p.m. to 11 p.m.

Yonge Street (between Wellington Street East and Mosley Street)

BRINGING
MOTOWN
TO THE DOWNTOWN

PATIOS AND FANTASTIC FOOD AVAILABLE*

*Nominal fee applies

aurora.ca/snf • 905-726-4762 • #SaturdayNightFever

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

Event Sponsors



Stage Sponsor





CREATE. SHARE. CELEBRATE.

Join the Town and its Cultural Partners
to explore free cultural events across
Aurora.

CULTURE DAYS

SEPTEMBER 22 - OCTOBER 15

Find events at aurora.ca/culturedays

