

January 2023

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WELCOME TO 2023!

2023 is officially here!

Let Club Aurora help you reach your fitness goals. Whether your goals are weight loss, strength training or just staying healthy, Club Aurora is the place to be.

Want treadmills? We have them.
Like using the elliptical? We have those also.
Dumbbells, kettlebells, machine, oh my!

Our knowledgeable fitness staff can help guide you in the right direction to meet your fitness goals in a safe and effective manner.

Have you met Dave?

Dave Szymkowicz is our newest Fitness Coordinator.

Tell us about yourself Dave.

For starters, my birthday just passed (January 9th) (YAY Capricorns)

I have been a certified and insured personal trainer for the last 12 years (almost 13). For the last 4 years, I have worked with the Town of Aurora teaching Spin and group fitness classes, as well as being a personal trainer. For the last 2 summers, I also ran fitness classes for the summer camps.



My experience working in a municipal recreation setting started back in 1999 when I taught ice hockey/skating for the City of Toronto and then moved on to work in camps, Afterschool Recreation Care (ARC) reception and even co-lead the Toronto Accessibility Sport council and their sledge hockey program.

Tell us something interesting about yourself.

I am an only child (that explains a lot).

I worked on cruise ships from the years 2006 to 2011 (on and off) with most of my time being with Norwegian Cruise line (youth staff) and one contract with Royal Caribbean Cruise line (sports staff).

Not fitness related, but if you were stuck on an island and you only have 1 meal (good or bad) what would it be?

Chicken wings – more saucier the better.

Any last words for our readers?

Come say hello, and we can talk Backstreet boys, Toronto Maple Leafs or chicken wings.
Stay safe and stay healthy.

New Club Aurora Hours starting January 3, 2023

| Club Aurora - Hours of Operation | |
|---|----------------------|
| Day | Time |
| Monday | 6:00 a.m. to 10 p.m. |
| Tuesday | 6:00 a.m. to 10 p.m. |
| Wednesday | 6:00 a.m. to 10 p.m. |
| Thursday | 6:00 a.m. to 9 p.m. |
| Friday | 6:00 a.m. to 9 p.m. |
| Saturday | 7:45 a.m. to 5 p.m. |
| Sunday | 7:45 a.m. to 5 p.m. |

Club Aurora will be opened at 6 a.m. from Monday to Friday.

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.

[F.A.I.R. Access - Online Application Form](#)

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 subject to change January 1, 2023.

| PRIVATE PERSONAL TRAINING | MEMBER | NON-MEMBER |
|---------------------------------|---------------------|-------------------------|
| Individual Session | \$66.65 | \$83.30 |
| 3 Session Package* | \$155.95 | \$194.95 |
| 5 Session Package | \$272.20 | \$340.25 |
| 10 Session Package | \$515.90 | \$644.90 |
| 20 Session Package | \$1,012.55 | \$1,265.70 |
| SEMI-PRIVATE PERSONAL TRAINING^ | MEMBER (per person) | NON-MEMBER (per person) |
| Individual Session | \$50.45 | \$63.05 |
| 3 Session Package* | \$117.10 | \$146.40 |
| 5 Session Package | \$203.45 | \$254.30 |
| 10 Session Package | \$387.55 | \$484.45 |
| 20 Session Package | \$716.65 | \$895.80 |

^Semi-Private Personal Training fees are per person

* 3 Session package is a one-time only offer

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 TRAINERS



LISA



TERRI



TATIANA



DAVE



ANDREA

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
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Kareem Ali

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Kevin Nguyen

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Vida Bond

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Terri Leach

tleach@aurora.ca

Ling Tong

ltong@aurora.ca

Lisa Carter

lcarter@aurora.ca

Wilson Ly

wly@aurora.ca

General Inquiries

Fitness@aurora.ca



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