

## March 2023

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## Welcome to March

Follow us on Facebook & Instagram  
for the latest news and fitness tips!



## Club Aurora Policies

### 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, and 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.

## Club Aurora Cardio Sign-up Policy

In the past couple of months, 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. As a result, effective Tuesday, March 7, Club Aurora will be implementing a new cardio sign-up process that is done by the Fitness staff on site. The goal is to have a process where it supports the majority of the members/parents in effectively accessing and utilizing the limited cardio machines in the Fitness Centre. The sign-up whiteboard will be removed and replaced with sign-up sheets that are 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 Chin-up



### The Pull-up



Pull-ups and chin-ups are two commonly used bodyweight exercises that offer relatively equal challenge and are fantastic choices for strengthening the muscles of the upper body.

The technique difference between the two exercises lies in the grip. With the pull-up, your hands are in a pronated position with your palms facing away from you. Meanwhile, with the chin-up, you have your hands in a supinated position with your palms facing toward you. This change in grip results in slightly different muscle activation and difficulty between the two exercises. While both exercises work the muscles in your arms, shoulders and back, the chin-up puts a little more emphasis on your biceps and the pull-up emphasizes the Latissimus Dorsi muscle in your back.

I have been training myself for 10 years and I can do 10-shoulder width, push-ups comfortably, but I had never thought to try a pull-up or a chin-up.

Working in the fitness centre, I have noticed guys doing chin-ups and pull-ups and thought that it was impressive. Finally, a few weeks ago, after doing only assisted chin-ups in all my workouts, I decided to give free, unassisted chin-ups and pull-ups a try. To my surprise I discovered that I could do 2 chin-ups with good form. I still couldn't do any pull-ups, but I have decided that I will now practice these two exercises once or twice a week. I have set a goal of 3 chin-ups and 1 pull-up, with good form by my birthday. This will be a nice gift for my 60<sup>th</sup> birthday!

Written by Ling Tong, Club Aurora's Fitness staff.

## Spring Group & Aqua Fitness schedules



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Town of Aurora  
**Group Fitness Class Schedule**  
Club Aurora Fitness

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



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Town of Aurora  
**Aquafitness Class Schedule**  
Club Aurora Fitness

### 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.<br>AQUA FITNESS<br>SARC                                      | 8:50 to 9:35 a.m.<br>AQUA ZUMBA<br>SARC  | 8:50 to 9:35 a.m.<br>AQUA FITNESS<br>SARC                                      | 8:50 to 9:35 a.m.<br>AQUA LEISURE<br>SARC                                      | 8:50 to 9:35 a.m.<br>AQUA ZUMBA<br>SARC    | 9:35 to 10:20 a.m.<br>AQUA LEISURE<br>AFLC<br><small>*Classes will be held at the<br/>SARC March 18 &amp; 25</small> |
| 9:40 to 10:25 a.m.<br>AQUA FITNESS<br>SARC                                     | 9:40 to 10:25 a.m.<br>AQUA LEISURE<br>SARC                                     | 9:40 to 10:25 a.m.<br>AQUA FITNESS<br>SARC                                     | 9:40 to 10:25 a.m.<br>AQUA FITNESS<br>SARC                                     | 9:40 to 10:25 a.m.<br>AQUA LEISURE<br>SARC |  |
|  | 1:05 to 1:50 p.m.<br>AQUA LEISURE<br>AFLC<br><small>*No class March 21</small> |  | 1:05 to 1:50 p.m.<br>AQUA FITNESS<br>AFLC<br><small>*No class March 23</small> |  |  |
|  |  |  | 1:55 to 2:40 p.m.<br>Arthritis Aquafit (PR)<br>AFLC<br>(March 30 to June 29)   |  |  |
| 7:40 to 8:25 p.m.<br>AQUA FITNESS<br>AFLC<br><small>*No class March 20</small> | 7:40 to 8:25 p.m.<br>AQUA LEISURE<br>AFLC<br><small>*No class March 21</small> | 7:40 to 8:25 p.m.<br>AQUA FITNESS<br>AFLC<br><small>*No class March 22</small> | 7:40 to 8:25 p.m.<br>AQUA FITNESS<br>AFLC<br><small>*No class March 23</small> |  | 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](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. 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](mailto:fitness@aurora.ca) if you would like additional information on our personal training program.

### MEET OUR PERSONAL TRAINERS



**LISA**



**TERRI**



**TATIANA**

**Let us help you achieve your health and fitness goals!**



## CLUB AURORA FITNESS STAFF

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