

April 2024

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THE IMPORTANCE OF MUSCLE MASS AND HEALTHY AGING

Written by Vida Bond, Fitness Attendant

Baby Boomers born between 1946 and 1965 make up approximately one-third of the population. According to the [Stat Canada 2021 Census](#), this population added up to roughly 9,212,640 baby boomers in Canada. As this demographic reaches more advanced ages, this is gradually adding pressure on our health and home care systems.

This is a primary reason why those within this age bracket should be doing all that they

physically are able to do in order to maintain the best health possible.

This includes a workout routine consisting of both cardiovascular and strength conditioning exercises, which will help diminish or slow down the effects of aging.

With age there is a progressive decline in skeletal muscle mass and function also known as **SARCOPENIA**.

Muscle loss can result from factors such as reduced physical activity, inadequate nutrition and hormonal changes.

Benefits of Preserving Muscle Mass

- Maintaining functional independence, such as carrying groceries or getting out of bed.
- Bone Health. Regular muscle contraction from lifting weights stimulates bone density thus reducing risks of Osteoporosis.
- Improved balance preventing falls and fractures.
- Metabolism and weight management, as muscle mass burns more calories at rest than fat tissue
- Older people with adequate muscle mass are less prone to heart disease, Type 2 Diabetes and Hypertension.



Effective Tools for Maintaining Muscle Mass:

- Resistance training using weight machines, dumbbells or resistance bands.
- Body weight exercises can include lunges, squats and pushups.
- Balance exercises, Thai chi, Yoga and Pilates.
- Consume protein which is essential for muscle growth and repair, including lean meat, fish, nuts, legumes, eggs and dairy.
- Rest is essential for muscle recovery.
- Aerobic exercises such as walking, cycling and swimming should also be included in your fitness routine.

Enlist the help of our Fitness Staff to assist you in setting up a safe and effective resistance program. A typical program will include 6 to 10 different exercises to target all the major muscle groups, some aerobic exercises and will also include some balance and flexibility exercise.

Muscle mass is a modifiable factor, meaning that we can do something about it and that something is to get up and move around and use your body every day!



Sources Used

1. www.activeagingcanada.ca
2. <http://news.uoguelph.ca>
3. www.nia.nih.gov
4. [Stats Canada - 2021 Census](https://www150.statcan.gc.ca/n1/pub/82-625-x/2021001/article/00001-eng.htm)

SPRING & SUMMER 2024 PROGRAM GUIDE SUMMER CAMPS 2024 PROGRAM GUIDE

Our newest program guides are now available to view online.

Please visit our [Program Guide](#) webpage for the Spring & Summer 2024 Program Guide.

Please visit our [Summer Camps](#) webpage for the Summer Camps 2024 Program Guide.

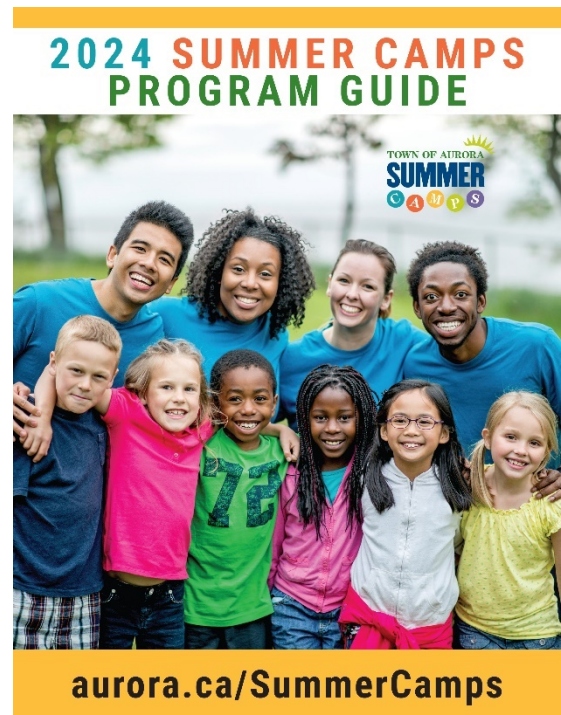
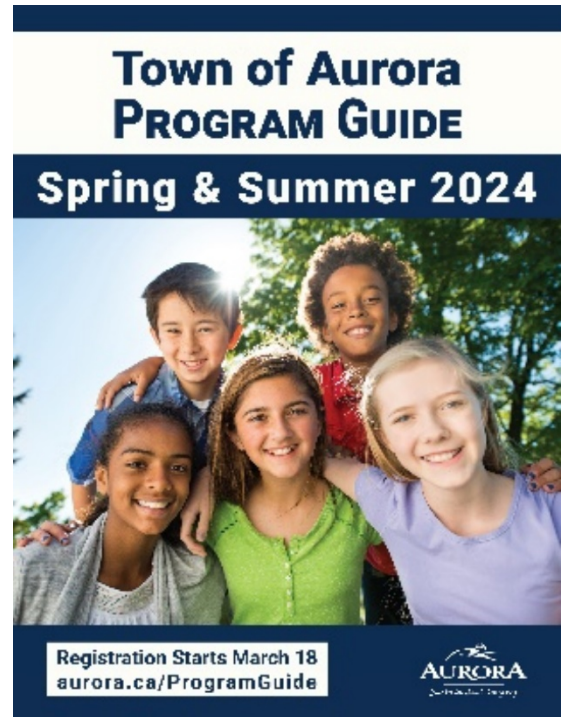
View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.

Recreation Programs – Spring & Summer	
Residents	Non-Residents
March 18	March 25

Summer Camps Programs – Summer	
Residents	Non-Residents
March 18	March 25

Aquatic Learn to Swim Programs – Spring	
Residents	Non-Residents
March 20	March 27

Aquatic Learn to Swim Programs – Summer	
Residents	Non-Residents
June 12	June 19



SPRING FITNESS REGISTERED PROGRAMS

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.

*No class Feb 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Apr 1	1:30pm	\$108.00/12 Member \$129.60/12 Non-Member	*30441
Wed	Mar 27	7:30pm	\$108.00/12 Member \$129.60/12 Non-Member	30440
Thu	Mar 28	7:30pm	\$108.00/12 Member \$129.60/12 Non-Member	31947



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	Apr 2	10:30am	FREE/12 Member \$72.00/12 Non-Member	30442

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	Apr 3	10:00am	FREE/12 Member \$87.00/12 Non-Member	30443

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	Apr 2	7:00pm	\$150.00/12 Member	30444
			\$180.00/12 Non-Member	
Thu	Apr 4	7:00pm	\$150.00/12 Member	30445
			\$180.00/12 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	Apr 2	10:20am	FREE/12 Member	30446
			\$87.00/12 Non-Member	

GUIDED HIKES

Age: 18+ yrs

Location: *Shepherds Bush
^ Hadley Grange
~ Willow Farm

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
Sun	Apr 21	9:00am	\$5.00/1	30447
Sat	May 18	9:00am	\$5.00/1	30448
Sun	June 9	9:00am	\$5.00/1	30521

e-PLAY

CANCELATION PROCEDURE

Club Aurora is committed to providing fair and equitable access for all to enjoy our programs and services. And as such, if you are unable to attend a group fitness, aquafitness class that you have registered in, we ask that you cancel yourself from the class so another participant can attend.

To cancel from a group fitness or aquafitness class, please choose one of the options.

1. Email our Customer Service team at rleisure@aurora.ca
2. Call our Customer Service Staff team at 905-726-4770 or 905-841-7529.
3. Use the QR code below to access the Class Cancellation Form.



CLUB AURORA CUSTOMER SATISFACTION SURVEY!

Thank you for completing our Customer Satisfaction Survey and sharing your feedback on Club Aurora's programs and services.

We are currently tabulating the results. We will share the survey results with you in a future issue of The Fitness Source newsletter.



One-Pot Lemon Broccoli Pasta with Parmesan



Total Time: 20 mins * Makes 4 servings * Serving Size: 1 1/3 cups

This hearty pasta dish with bright, fresh flavor is ideal for busy weeknights. The Parmesan adds welcome saltiness and notes of umami, and you get added texture from the slight crunch of broccoli and whole-wheat noodles. Add some shredded rotisserie chicken, grilled shrimp, or crispy chickpeas to punch up the protein.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, minced
- 2 cloves garlic, minced
- 8 ounces whole-wheat rotini or farfalle pasta
- 1 ¾ cups water
- 1 ½ cups low-sodium vegetable broth or chicken broth
- 1 tablespoon lemon zest
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 (10 ounce) package frozen broccoli florets, thawed and coarsely chopped
- ⅓ cup grated Parmesan cheese
- 4 teaspoons lemon juice, or more to taste

Preparation

1. Heat oil in a large saucepan over medium heat.
2. Add shallot and cook, stirring, until starting to soften, about 2 minutes.
3. Add garlic and cook, stirring, until fragrant, about 30 seconds.
4. Add pasta, water, broth, lemon zest, salt and pepper.
5. Cover and bring to a boil.
6. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
7. Add broccoli and cook, stirring, until heated through, 2 to 3 minutes.
8. Remove from heat and stir in Parmesan and lemon juice.

Nutrition Facts: Calories 210; Total Carbohydrate 24g; Dietary Fiber 5g; Total Sugars 2g; Protein 9g; Total Fat 10g; Saturated Fat 2g; Cholesterol 6mg; Vitamin A 744IU; Vitamin C 31mg; Folate 51mcg; Sodium 451mg; Calcium 100mg; Iron 2mg; Magnesium 45mg; Potassium 257mg

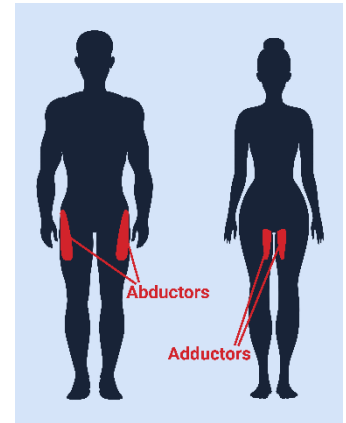
For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

EXERCISE TECHNIQUES

AB/ADDUCTOR - Beginner

Target Body Part
Equipment Required

Inner and Outer Thigh muscles
Ab/Adductor Machine #3



Abduction (ABduction)

1. Adjust the lever on the right side (yellow handle) to set the movement range that provides a moderate stretch.
2. Sit on seat and place *outer* thighs firmly against resistance pads.
3. Spread thighs apart evenly with hips and shoulders against seat back.
4. Pause momentarily, return slowly to start position and repeat.
5. Aim to perform 12 to 15 repetitions and 1 to 3 sets.



Adduction (ADDuction)

1. Adjust the lever on right side (yellow handle) to set movement range that provides a moderate stretch.
2. Sit on seat and place *inner* thighs firmly against resistance pads one at a time.
3. Pull thighs together evenly with hips and shoulders against the seat back.
4. Pause momentarily, return slowly to start position and repeat.
5. Aim to perform 12 to 15 repetitions and 1 to 3 sets.



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

SQUASH MEMBERSHIP INFORMATION & SPRING 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.

Our new **Inclusive Membership Package** now includes Squash. Not only can you participate in unlimited group fitness and aquafitness classes, along with unlimited use of the equipment and weights in Club Aurora, you can now also book a squash court and play in the house league (Monday and Wednesday). Registration is required for the house league.

Squash Package		Monthly		12 Months	
Age Category	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	
Inclusive Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$45.00	\$56.25	\$495.00	\$618.75	
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	

HOUSE LEAGUE – SPRING 2024 - Age: 14+ years

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 and must pay the applicable \$43.28 fee for a third night.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
House League	Mon April 1 to June 24 *No class May 20	5:40pm to 9:40pm	FREE/12 Member \$118.16/12 Non-Member	* 30524
House League	Wed April 3 to June 26	5:40pm to 9:40pm	FREE/13 Member \$124.40/13 Non-Member	30525
Round Robin	Fri April 5 to June 28 *No class May 17	5:40pm to 9:40pm	\$43.28/12 Member \$119.15/12 Non-Member	* 30526

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

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

WOMEN'S LEARN TO PLAY SQUASH

Age: 18+ years

This 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	Thu Mar 28 to May 9	5:30pm to 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30450
Beginner Session 2	Thu May 16 to June 27	5:30pm to 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30451
Intermediate Session 1	Thu Mar 28 to May 9	6:30pm to 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30452
Intermediate Session 2	Thu May 16 to June 27	6:30pm to 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30453
Advanced Session 1	Sat April 6 to May 12	9:30am to 11:00am	\$90.00/6 Member \$108.00/7 Non-Member	30454
Advanced Session 2	Sat May 26 to June 23	9:30am to 11:00am	\$75.00/5 Member \$90.00/5 Non-Member	30455
Beginner for Women (Split into 2 time slots, based on skill level)	Sun April 7 to May 12	9:00am to 10:30am	\$90.00/6 Member \$108.00/6 Non-Member	30456
Beginner for Women (Split into 2 time slots, based on skill level)	Sun May 26 to June 23	9:00am to 10:30am	\$75.00/5 Member \$90.00/5 Non-Member	30457



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	\$72.64	\$90.80
3 Session Package*	\$170.04	\$212.55
5 Session Package	\$296.76	\$370.95
10 Session Package	\$562.43	\$703.04
20 Session Package	\$1,103.91	\$1,379.89
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$55.02	\$68.78
3 Session Package*	\$127.66	\$159.58
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.63

* 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

DO I NEED TO STRETCH AFTER RUNNING/WALKING ON THE TREADMILL?

Yes. It is a good idea. Static stretches are no longer recommended before a workout; however, they are advised for afterwards.

Stretching after a workout has many benefits. These include the advantages of better flexibility and injury prevention. It also alleviates stress and improves mental well-being.

Each stretch performed should be held for a minimum of 15 to 30 seconds. The longer the better! A variety of stretches should be done to address each area of the body that you worked out that day.



WHAT IS THE ONE THING THAT PEOPLE FORGET TO DO WHEN WORKING OUT?

Here is a list of a few things that fitness participants sometimes forget to do while working out.

1. **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 your room.
2. **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, however you can also work on each side separately while training at home.
3. **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 also relaxes your muscles.
4. **ASK.** 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.



SPORT WORKSHOPS & EDUCATION SESSIONS

The Town of Aurora hosts a variety of courses and workshops to support the growth and development of both sport organizations and their members.

Information on upcoming courses can be found online on our [Sport Workshops](#) webpage. If you have any questions, please contact Hailey Jones, Sport & Community Development Specialist at hjones@aurora.ca.

Brock McGillis

LGBTQ2S+ Inclusion in Sport & Recreation



Wednesday, May 22, 2024
5 p.m. to 6 p.m.
Aurora Public Library

FREE EVENT • REGISTRATION REQUIRED

aurora.ca/SportWorkshops



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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.

Indoor Garage Sale



**Sunday
April 28**

**8:30am to
1:00pm**

**Aurora Seniors Centre
90 John West Way, Aurora**



**auroraseniors.ca
seniorscentre@aurora.ca
905 726 4767**

**GUESS
WHAT'S
BACK!**

AURORA'S

YOUTH INNOVATION FAIR

MAY 15, 2024

AURORA FAMILY LEISURE COMPLEX
135 Industrial Pkwy North

**Calling all youth to showcase their
inventions and innovative ideas!**



Individuals or groups in the following
age categories can participate in the fair:

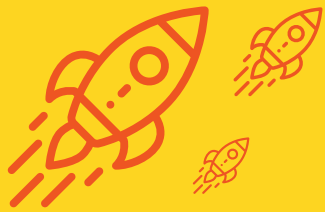


JUNIOR Grades 4 to 6
INTERMEDIATE Grades 7 to 9
SENIOR Grades 10 to 12

GREAT PRIZES WILL BE AWARDED FOR

MOST INNOVATIVE • ECO-FRIENDLY • COMMUNITY LEADERSHIP

**FOR
MORE
INFO**



aurora.ca/YouthInnovation
[#AuroraInnovationFair](https://twitter.com/AuroraInnovationFair)
905-726-4760



Apply as a group or individual by
April 24, 2024

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

AURORA