

February 2023

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Welcome to February!

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



CLUB AURORA CUSTOMER FEEDBACK

In December 2022, we asked Club Aurora users to fill out our customer survey. A summary of comments and responses include:



That group fitness classes should be longer than 45 minutes.

Club Aurora is taking customer feedback into consideration when looking at increasing the class duration.



Would like to see more strength equipment and a variety of cardio equipment.

Club Aurora will look for various quality equipment that enhances the customer workout experience while considering traffic flow and facility space.



Feel that there is a lack of space in some group fitness classes as classes are getting busier.

Club Aurora is looking for additional suitable facility spaces to accommodate customer needs as members are increasing.



Would like to see more instructor led Aquafitness classes, especially in the evenings.

Club Aurora is working on various fitness recruitment strategies to increase the pool of Aquafit Instructors to support classes.



Experiencing challenges with new administrative procedural changes.

Club Aurora will review administrative procedures and work to provide a good customer experience.



Would like to see better upkeep of the squash courts.

Club Aurora will work with facility staff to monitor and maintain the squash courts.



Would like to see more customer appreciation initiatives.

Club Aurora will look to promote customer appreciation initiatives during year.



Would like to see more variety in the content of the Club Aurora Newsletter.

Club Aurora will gather appropriate content from the fitness staff as well as Recreation services within the Town of Aurora.

Winter 2023 Group Fitness Classes & Aquafitness Classes



100 John West Way
Aurora, Ontario
L4G 6J1
(905) 727-3123
fitness@aurora.ca

Town of Aurora
Group Fitness Class Schedule
Club Aurora Fitness

Group Fitness Class Schedule – January 7 to March 12, 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. Plyo®	6 to 6:45 a.m. P90X®	6 to 6:45 a.m. Sunrise Yoga	6 to 6:45 a.m. Chisel	6 to 6:45 a.m. Cycle	8 to 8:45 a.m. Cycle	
9 to 9:45 a.m. New! Cycle	9 to 9:45 a.m. New! Muscle Fusion	8 to 8:45 a.m. Cycle			8:15 to 9 a.m. Boot Camp	8:30 to 9:15 a.m. Cardio Sizzle/Chisel
9:30 to 10:15 a.m. Yoga Stretch	9:15 to 10 a.m. Zumba ®	9 to 9:45 a.m. Strictly Beginner CycleFit (PR) (Jan 11 to Mar 8)	9 to 9:45 a.m. Zumba	9 to 9:45 a.m. Yoga Fusion	9:15 to 10 a.m. Yoga Stretch	9:30 to 10:15 a.m. Yoga fitness
10:30 to 11:15 a.m. Yoga Stretch	10:15 to 11 a.m. Zumba Toning (PR) (Jan 10 to Mar 7)	9 to 9:45 a.m. RIP				
10:30 to 11:15 a.m. Boomer ABC's		9:30 to 10:15 a.m. Yoga Stretch 10:30 to 11:15 a.m. Yoga Stretch	10 to 10:45 a.m. Osteo Fitness	10 to 10:45 a.m. NIA	10:15 to 11 a.m. Zumba	
	10:30 to 11:00 a.m. Silver Spinners (PR) (Jan 10 to Mar 7)	10:30 to 11:15 a.m. Boomer ABC's				Legend: Room Location
12:15 to 1 p.m. Boot Camp	12:15 to 1 p.m. RIP		12:15 to 1 p.m. RIP	12:15 to 1 p.m. Zumba		The Loft
		6:30 to 7:15 p.m. Zumba	6:30 to 7:15 p.m. Cardio Sizzle/Chisel	6 to 6:45 p.m. New! Cycle		Healthy Planet Gymnasium
6:30 to 7:15 p.m. Chisel	7 to 8:15 p.m. Yoga (PR) (Jan 10 to Mar 7)		7 to 8:15 p.m. Yoga (PR) (Jan 12 to Mar 9)			Treasure Hill Cycle Studio
7:30 to 8:15 p.m. Yoga Stretch	7:30 to 8:15 p.m. Cycle	7:30 to 8:15 p.m. Yoga Stretch	7:30 to 8:15 p.m. Yoga Fitness 7:30 to 8:15 p.m. Cycle			(PR) Registered Program



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aurora.ca

Town of Aurora
Aquafitness Class Schedule
Club Aurora Fitness

Aquafitness Class Schedule – January 7 to March 12, 2023

Pre-registration is required. Information for Aquafitness Classes can be found by visiting [e-PLAY](#).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50 to 9:35 a.m. AQUA FITNESS SARC	8:50 to 9:35 a.m. AQUA ZUMBA SARC	8:50 to 9:35 a.m. AQUA FITNESS SARC	8:50 to 9:35 a.m. AQUA LEISURE SARC	8:50 to 9:35 a.m. AQUA ZUMBA SARC	9:35 to 10:20 a.m. AQUA LEISURE AFLC
9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA LEISURE SARC	9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA FITNESS SARC	9:40 to 10:25 a.m. AQUA LEISURE SARC	
	1:05 to 1:50 p.m. AQUA LEISURE AFLC		1:05 to 1:50 p.m. AQUA FITNESS AFLC		
			1:55 to 2:40 p.m. Arthritis Aquafit (PR) AFLC (Jan 12 to Mar 9)		
7:40 to 8:25 p.m. AQUA LEISURE AFLC	7:40 to 8:25 p.m. AQUA LEISURE AFLC	7:40 to 8:25 p.m. AQUA LEISURE AFLC	7:40 to 8:25 p.m. AQUA LEISURE AFLC		AQUA LEISURE

Note: classes start promptly on time. We allow a 5-minute grace once the class starts to ensure the flow of the class and minimize interruptions.

Friendly reminder: if you sign up for one of our group classes and can't make it, please kindly inform our Customer Service staff at rlisure@aurora.ca

Recipe of the Month

Overnight Oats



Ingredients

1/3 to 1/2 cup liquid such as dairy milk, almond, cashew, or coconut milk

1/3 to 1/2 cup old-fashioned rolled oats

1/3 to 1/2 cup yogurt, optional

1 teaspoon chia seeds, optional but highly recommended

1/2 banana, mashed, optional

Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest, and vanilla extract

Directions

Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours.

In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.

For more information on this simple recipe, click the Overnight oats image.

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 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

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



ANDREA



TATIANA

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

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Fitness Coordinator
wdeyck@aurora.ca

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kali@aurora.ca

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Terri Leach
tlease@aurora.ca

Ling Tong
ltong@aurora.ca

Lisa Carter
lcarter@aurora.ca

Wilson Ly
wly@aurora.ca

General Inquiries
Fitness@aurora.ca

Corey White
cwhite@aurora.ca



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