



## Fitness Membership Price List

[www.aurora.ca/fitnessmemberships](http://www.aurora.ca/fitnessmemberships)

The Town of Aurora offers a variety of membership options for you to participate in. Our amenities include a fitness centre, group fitness classes, aqua fitness and squash. Participants have the option of purchasing a membership with a monthly payment plan, an annual membership with a one-time payment, or pay-as-you-go per activity.

### Inclusive Package

Includes Equipment & Weights Package, Group Fitness & Aquafitness Package & Squash Package.

| PACKAGE             | MONTHLY  |              | ANNUAL   |              | DROP-IN FEE |           |
|---------------------|----------|--------------|----------|--------------|-------------|-----------|
| Age Category        | Resident | Non-Resident | Resident | Non-Resident | One Visit   | 10 Visits |
| Adult               | \$47.51  | \$59.39      | \$522.60 | \$653.25     | N/A         | N/A       |
| Youth / Older Adult | \$38.01  | \$47.51      | \$418.08 | \$522.60     | N/A         | N/A       |

### Equipment & Weights Package

Includes unlimited use of fitness centre, personalized program card, fitness equipment demonstration.

| PACKAGE             | MONTHLY  |              | ANNUAL   |              | DROP-IN FEE |           |
|---------------------|----------|--------------|----------|--------------|-------------|-----------|
| Age Category        | Resident | Non-Resident | Resident | Non-Resident | One Visit   | 10 Visits |
| Adult               | \$37.98  | \$47.47      | \$417.74 | \$522.17     | \$9.51      | \$76.05   |
| Youth / Older Adult | \$30.38  | \$37.98      | \$334.19 | \$417.74     | \$7.32      | \$58.59   |

### Group Fitness & Aquafitness Package

Includes unlimited use of group fitness and aquafitness classes (excluding specialty classes).

| PACKAGE             | MONTHLY  |              | ANNUAL   |              | DROP-IN FEE |           |
|---------------------|----------|--------------|----------|--------------|-------------|-----------|
| Age Category        | Resident | Non-Resident | Resident | Non-Resident | One Visit   | 10 Visits |
| Adult               | \$37.98  | \$47.47      | \$417.74 | \$522.17     | \$9.51      | \$76.05   |
| Youth / Older Adult | \$30.38  | \$37.98      | \$334.19 | \$417.74     | \$7.32      | \$58.59   |

### Squash Package

Includes unlimited use of the squash courts, no court fees, seven day advanced registration for prime time, complimentary house league and round robin play.

| PACKAGE             | MONTHLY  |              | ANNUAL   |              | DROP-IN FEE             |                        |
|---------------------|----------|--------------|----------|--------------|-------------------------|------------------------|
| Age Category        | Resident | Non-Resident | Resident | Non-Resident | Prime                   | Non-Prime              |
| Adult               | \$43.26  | \$54.07      | \$475.81 | \$594.76     | \$11.41/1<br>\$91.31/10 | \$6.56/1<br>\$52.47/10 |
| Youth / Older Adult | \$34.60  | \$43.26      | \$380.64 | \$475.81     | \$9.13/1<br>\$73.04/10  | \$5.25/1<br>\$41.98/10 |

### Pool Package

Includes unlimited use of the pool during lane and leisure swims at both facilities.

| PACKAGE      | MONTHLY  |              | ANNUAL   |              | DROP-IN FEE |           |
|--------------|----------|--------------|----------|--------------|-------------|-----------|
| Age Category | Resident | Non-Resident | Resident | Non-Resident | One Visit   | 10 Visits |
| Adult        | \$24.28  | \$30.35      | \$267.10 | \$333.88     | \$5.30      | \$42.40   |
| Older Adult  | \$19.42  | \$24.28      | \$213.68 | \$267.10     | \$4.05      | \$32.40   |
| Youth        | \$19.42  | \$24.28      | \$213.68 | \$267.10     | \$3.30      | \$26.40   |

#### Age Categories

Please refer to chart above for pricing per age category.

Youth – 12 to 17 years

Adult – 18+ years

Older Adult – 55+ years

#### Membership Refunds

All membership cancellation requests must be made in writing via email to Customer Service staff at [rlisure@aurora.ca](mailto:rlisure@aurora.ca). Specific refund policies apply to both Monthly and Annual Memberships. Please visit [www.aurora.ca/clubaurora](http://www.aurora.ca/clubaurora) for full details.

# CLUB AURORA GROUP FITNESS CLASSES

## CLUB AURORA FITNESS CENTRE – HOURS OF OPERATION

**FALL:** Monday to Thursday – 5:45am to 10:00pm • Friday – 5:45am to 9:00pm  
Saturday – 7:45am to 7:00pm • Sunday – 7:45am to 5:00pm

## GROUP FITNESS CLASSES – SCHEDULES

**FALL:** Group Fitness Schedule – September 8 to December 18, 2026

**HOLIDAY:** Group Fitness Schedule – December 19, 2026 to January 3, 2027

Group Fitness Class Schedules are available online at [www.aurora.ca/fitnessclasses](http://www.aurora.ca/fitnessclasses)



### AQUAFITNESS

Receive all the benefits of a floor aerobics class without the joint stress. Stay cool in the pool and cross-train with Aquafitness.

### BOOMER ABC'S

This intermediate fitness class is for Baby Boomers (55+ years) who have been exercising regularly. The class includes muscle conditioning using free weights or body weight, abdominal and core strengthening, balance and stretching.



### BOOT CAMP

This class will challenge you with a variety of conditioning exercises and drills to improve your strength, conditioning, agility and balance, as well as your overall fitness.



### CARDIO DANCE

Get your groove on with Cardio Dance. This class offers a variety of dance styles and mini routines, that are easy to follow with lots of options. Work at your own intensity and have fun.

### CHAIR YOGA

Enjoy yoga without getting on the floor. Our Chair Yoga class offers gentle, seated movements to boost flexibility and make yoga accessible for everyone. Rejuvenate your mind, body and spirit - all from the comfort of your chair.

### CHISEL

A total body muscle conditioning class that will work your body from head to toe using a variety of equipment.

### CYCLEFIT

A high-energy indoor cycling workout designed to boost cardiovascular endurance, burn calories, and strengthen lower-body muscles.

### MUSCLE FUSION 55+

A fun dynamic class that combines strength, agility, balance and core exercises to improve your functional fitness.

### N.I.A. – NEUROMUSCULAR INTEGRATIVE ACTION

N.I.A. encompasses the best of dance, martial arts, yoga and healing arts philosophies from the East and West.

### OSTEO FITNESS

This class uses weight-bearing activities with light weight training to improve and maintain your bone density and fitness level.



### P90X

This class is a training system which highlights the principle of “muscle confusion” and complex moves (combining muscle groups). Choreographed to music, moves are timed so that participants can do as many repetitions of the move as they are capable, working at their own pace within a fun group.

### PIYO®

This is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun and challenging.

### RIP

This barbell program is for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.



### STEP

An energetic class using a step platform that includes choreographed patterns and movements for both cardiovascular and lower body conditioning.

### SUNRISE YOGA

Gradually warm the body and awaken the mind in this energizing class. Designed with Hatha Yoga principles, this class is suitable for all fitness levels. Sunrise Yoga will give you energy and focus to last throughout your day.

### TOTAL BODY STRENGTH

This class focuses on building overall strength while improving cardiovascular health, bone density, joint stability and metabolism. Regular strength training helps prevent age-related muscle loss and is recommended for all fitness levels.

## YOGA FLOW

Yoga Flow blends Vinyasa and Hatha styles to offer a mindful practice focused on alignment, breathwork and meditation. Rooted in traditional yoga, this class cultivates balance, strength, flexibility, grounding and mental clarity. Suitable for all levels, with options to modify or intensify as needed.

## YOGA FUSION

This class will elevate your mood, enhance your physical fitness, and improve your overall well-being by reducing stress and anxiety. Through mindful movement, breathing exercises, physical relaxation, and guided meditation, you'll discover greater peace and focus in just a few minutes, revitalizing your energy for the day ahead.

## YOGA STRETCH

Improve your overall flexibility, relieve the day's stress and feel relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Iyengar or Vinyasa principles.

## ZUMBA® FITNESS

This class fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic work out that will blow you away.



Classes bearing this symbol are Heart Wise Exercise® approved programs.



## FITNESS INCLUSION SERVICES

**Healing Waters:** This is a specialized, therapy-based aquatic program designed to promote rehabilitation and wellness for the mind, body and spirit. It is ideal for individuals with arthritis, chronic pain, joint replacement or those recovering from an injury.

**Heart Wise Exercise:** This initiative is intended to integrate the cardiac population into mainstream programs. This is done by addressing physical and psychological needs. It provides exercise options to help participants choose appropriate programs and levels of intensities, while encouraging participants to do daily physical activities.

[fitness@aurora.ca](mailto:fitness@aurora.ca)

## F.I.T. CLUB Fun In Training



This program is mandatory for 12 to 13 year olds who wish to obtain a fitness membership and exercise independently at Club Aurora.  
[www.aurora.ca/fitclub](http://www.aurora.ca/fitclub)

# FITNESS REGISTERED PROGRAMS

## BOXFIT

**Age: 16+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

This dynamic class is designed to boost your cardio, strength and boxing skills. Enhance your endurance and build muscle through a variety of exercises, while learning boxing techniques. This class is led by an N.C.C.P. Certified International Boxing Coach.

| DAY | DATE    | TIME             | FEE/CLASS              | CODE  |
|-----|---------|------------------|------------------------|-------|
| Sat | Sept 19 | 12:00pm – 1:00pm | \$141.00/12 Member     | 40342 |
|     |         |                  | \$169.20/12 Non-Member |       |

## BOXFIT FOR TEENS

**Age: 11 to 15 years**

**Location: AFLC Lind Realty Team Fitness Studio**

This dynamic fitness boxing class is geared toward 11 to 15 year olds. Boost your cardio, strength and boxing skills. Enhance your endurance and build muscle through a variety of exercises, while learning and practicing essential boxing techniques and drills. Enjoy a supportive and motivating environment as the class is led by a N.C.C.P. Certified International Boxing Coach and Personal Trainer.

| DAY | DATE    | TIME            | FEE/CLASS   | CODE  |
|-----|---------|-----------------|-------------|-------|
| Tue | Sept 22 | 4:15pm – 5:00pm | \$100.00/10 | 40356 |

## BOXFIT 55+

**Age: 55+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

This dynamic class is designed to boost your cardio, strength and boxing skills. Enhance your endurance and build muscle through a variety of exercises, while learning boxing techniques. This class is led by an N.C.C.P. Certified International Boxing Coach.

\*No class on: Oct 12

| DAY | DATE    | TIME             | FEE/CLASS              | CODE   |
|-----|---------|------------------|------------------------|--------|
| Mon | Sept 14 | 9:30am – 10:30am | \$141.00/12 Member     | 40355* |
|     |         |                  | \$169.20/12 Non-Member |        |

## DIAPERFIT

**Age: 18+ years**

**Location: AFLC**

DiaperFit is a specialized aquafit class designed for parents or caregivers to exercise with their babies in the pool. This program allows adults to get a full-body workout, while their baby is secured in dolphin floating seat allowing them to splash with their hands and feet.

Note: Babies must be able to hold up their head unassisted.

| DAY | DATE    | TIME             | FEE/CLASS              | CODE  |
|-----|---------|------------------|------------------------|-------|
| Tue | Sept 22 | 9:30am – 10:15am | \$105.00/10 Member     | 40359 |
|     |         |                  | \$126.00/10 Non-Member |       |

## AGE REQUIREMENTS

For Fitness programs, participants must be the minimum age by the first day of the program.

## HEALING WATERS

**Age: 18+ years**

**Location: ARC**

Healing Waters is a specialized, therapy-based aquatic program designed to promote rehabilitation and wellness for the mind, body and spirit. This class is ideal for individuals with arthritis, chronic pain, joint replacement or those recovering from an injury. Movement in water offers multi-directional resistance in a non-impact environment.

| DAY | DATE    | TIME            | FEE/CLASS   | CODE  |
|-----|---------|-----------------|-------------|-------|
| Tue | Sept 22 | 1:55pm – 2:40pm | \$126.00/12 | 40321 |
| Fri | Sept 25 | 1:05pm – 1:50pm | \$126.00/12 | 40322 |

## PILATES

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Pilates exercises focus on core strength, flexibility and balance. It can improve posture, increase mobility and build lean muscle mass.

\*No class on: Sept 21, Oct 12

| DAY | DATE    | TIME              | FEE/CLASS              | CODE   |
|-----|---------|-------------------|------------------------|--------|
| Mon | Sept 14 | 1:15pm – 2:00pm   | \$135.00/12 Member     | 40348* |
|     |         |                   | \$162.00/12 Non-Member |        |
| Mon | Sept 14 | 2:15pm – 3:00pm   | \$135.00/12 Member     | 40357* |
|     |         |                   | \$162.00/12 Non-Member |        |
| Mon | Sept 14 | 7:30pm – 8:30pm   | \$144.00/12 Member     | 41140* |
|     |         |                   | \$172.80/12 Non-Member |        |
| Wed | Sept 16 | 7:30pm – 8:30pm   | \$144.00/12 Member     | 40347  |
|     |         |                   | \$172.80/12 Non-Member |        |
| Sat | Sept 19 | 10:00am – 11:00am | \$144.00/12 Member     | 40349  |
|     |         |                   | \$172.80/12 Non-Member |        |

## PILATES FOR STRENGTH & BONE HEALTH

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

A thoughtfully designed Pilates class that prioritizes bone density through adapted mat and functional movements. This class focuses on building strength, improving balance, refining alignment, and applying safe spinal loading to support long term skeletal health. Emphasis is placed on strengthening the muscles that support the spine, enhancing coordination, and reducing fracture risk, making it an excellent choice for maintaining and protecting bone health over time.

| DAY | DATE    | TIME            | FEE/CLASS              | CODE  |
|-----|---------|-----------------|------------------------|-------|
| Wed | Sept 16 | 1:30pm – 2:30pm | \$144.00/12 Member     | 40346 |
|     |         |                 | \$172.80/12 Non-Member |       |

[www.aurora.ca/clubaurora](http://www.aurora.ca/clubaurora)

# FITNESS REGISTERED PROGRAMS

## SILVER SPINNERS CYCLEFIT

**Age: 55+ years**

**Location: AFLC Cyclefit Studio**

This 30-minute beginner cycling class provides a gentle, yet challenging ride geared toward the older adult at a more comfortable and slower pace. Learn proper bike set-up, riding technique and positioning for a comfortable and enjoyable workout.

| DAY | DATE    | TIME              | FEE/CLASS              | CODE  |
|-----|---------|-------------------|------------------------|-------|
| Tue | Sept 15 | 10:30am – 11:00am | FREE/12 Member         | 40350 |
|     |         |                   | \$114.00/12 Non-Member |       |

## STRICTLY BEGINNER CYCLEFIT

**Age: 14+ years**

**Location: AFLC Cyclefit Studio**

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared toward those that are just starting out. Learn proper bike set-up, 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 | Sept 16 | 10:00am – 10:45am | FREE/12 Member         | 40351 |
|     |         |                   | \$126.00/12 Non-Member |       |

## TEENFIT

**Age: 11 to 15 years**

**Location: AFLC Lind Realty Team Fitness Studio**

Come test your endurance and resistance in this fitness class geared toward teens. The combination of muscle strengthening and cardiovascular conditioning provides a great overall body workout. You'll sweat and have fun, while improving your fitness level.

**NEW!**

| DAY | DATE    | TIME            | FEE/CLASS   | CODE  |
|-----|---------|-----------------|-------------|-------|
| Thu | Sept 24 | 4:15pm – 5:00pm | \$100.00/10 | 40365 |

## YOGA

**Age: 14+ years**

**Location: Aurora Town Square**

Club Aurora now offers Hatha Yoga for those who prefer a true body and mind experience. This program consists of stretching and toning, which help to keep joints flexible, improves circulation and reduces stress.

| DAY | DATE    | TIME              | FEE/CLASS              | CODE  |
|-----|---------|-------------------|------------------------|-------|
| Tue | Sept 15 | 7:00pm – 8:00pm   | \$153.00/12 Member     | 40352 |
|     |         |                   | \$183.60/12 Non-Member |       |
| Thu | Sept 17 | 7:00pm – 8:00pm   | \$153.00/12 Member     | 40353 |
|     |         |                   | \$183.60/12 Non-Member |       |
| Sun | Sept 13 | 10:00am – 11:00am | \$153.00/12 Member     | 40358 |
|     |         |                   | \$183.60/12 Non-Member |       |

## ZUMBA TONING

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Zumba Toning combines the high-energy fun of a Zumba fitness party with safe, effective strength training. Using light resistance and global rhythms, this easy-to-follow program suits all fitness levels.

| DAY | DATE    | TIME              | FEE/CLASS              | CODE  |
|-----|---------|-------------------|------------------------|-------|
| Thu | Sept 17 | 11:15am – 12:00pm | FREE/12 Member         | 40354 |
|     |         |                   | \$126.00/12 Non-Member |       |

## CLUB AURORA WELLNESS SERIES

**Featuring health and wellness topics!**

### MOVE BETTER, LIVE BETTER – BACK HEALTH & BREATHING

**NEW!**

**Age: 18+ years**

**Location: AFLC**

Presented in partnership with Honsberger Physio+, this program is an educational movement-based course designed to help participants understand back pain and learn effective strategies to support back health and breathing. Each class includes a brief screening and posture analysis to support postural balance, core strength, and everyday functional movement.

Note: This class is not a substitute for medical care.

| DAY | DATE   | TIME            | FEE/CLASS  | CODE  |
|-----|--------|-----------------|------------|-------|
| Tue | Oct 20 | 7:00pm – 8:00pm | \$108.00/4 | 40363 |

### FUN GUIDED HIKES

**Age: 18+ years**

**Location: \*Fairy Lake (Tom Taylor Trail)**

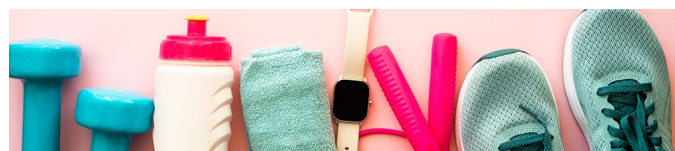
**^Sheppard's Bush**

These walks are designed to encourage families to get active, while enjoying York Region's finest nature walking trails. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

| DAY | DATE    | TIME             | FEE/CLASS | CODE   |
|-----|---------|------------------|-----------|--------|
| Sun | Sept 27 | 9:00am – 10:15am | \$5.00/1  | 40344^ |
| Sun | Oct 18  | 9:00am – 10:15am | \$5.00/1  | 40343* |
| Sun | Nov 15  | 9:00am – 10:15am | \$5.00/1  | 40345^ |

## THE CHARTWELL INDOOR WALKING TRACK

**Rain or shine, stay active indoors!**



Club Aurora features a 90-metre indoor track with a rubberized sports surface. The indoor track is free for all users. It is open during Customer Service Desk operating hours.

[www.aurora.ca/indoortrack](http://www.aurora.ca/indoortrack)

# SQUASH

## LEARN TO PLAY SQUASH Age: 7+ years • Levels: Junior to Advanced • Location: AFLC Squash Courts

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.

## LADIES SKILL DEVELOPMENT & ROUND ROBIN Age: 18+ years • Levels: All Levels • Location: AFLC Squash Courts

This program 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 who are new to the sport. Participants will be partnered with others of similar ability.

| PROGRAM                                       | START/END DATE                               | TIME              | FEE/CLASS                                | CODE   |
|-----------------------------------------------|----------------------------------------------|-------------------|------------------------------------------|--------|
| Learn to Play<br>Beginner/Intermediate Junior | Sat Sept 12 to Oct 24                        | 9:00am – 10:00am  | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40366  |
| Learn to Play<br>Beginner/Intermediate Junior | Sat Oct 31 to Dec 12                         | 9:00am – 10:00am  | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40367  |
| Learn to Play<br>Beginner/Intermediate Adult  | Sat Sept 12 to Oct 24                        | 10:00am – 11:00am | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40368  |
| Learn to Play<br>Beginner/Intermediate Adult  | Sat Oct 31 to Dec 12                         | 10:00am – 11:00am | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40371  |
| Learn to Play<br>Advanced                     | Sat Sept 12 to Oct 24                        | 11:00am – 12:00pm | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40372  |
| Learn to Play<br>Advanced                     | Sat Oct 31 to Dec 12                         | 11:00am – 12:00pm | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40373  |
| Ladies Skill Development<br>& Round Robin     | Sun Sept 13 to Nov 1<br>*No class on: Oct 11 | 9:00am – 10:30am  | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40369* |
| Ladies Skill Development<br>& Round Robin     | Sun Nov 8 to Dec 13                          | 9:00am – 10:30am  | \$65.58/6 Member<br>\$78.70/6 Non-Member | 40370  |
| Learn to Play 55+<br>Beginner/Intermediate    | Thu Sept 17 to Oct 29                        | 2:30pm – 3:30pm   | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40376  |
| Learn to Play 55+<br>Beginner/Intermediate    | Thu Nov 5 to Dec 17                          | 2:30pm – 3:30pm   | \$76.51/7 Member<br>\$91.81/7 Non-Member | 40377  |

## SQUASH HOUSE LEAGUE Age: 14+ years • Levels: All Levels • Location: AFLC Squash Courts

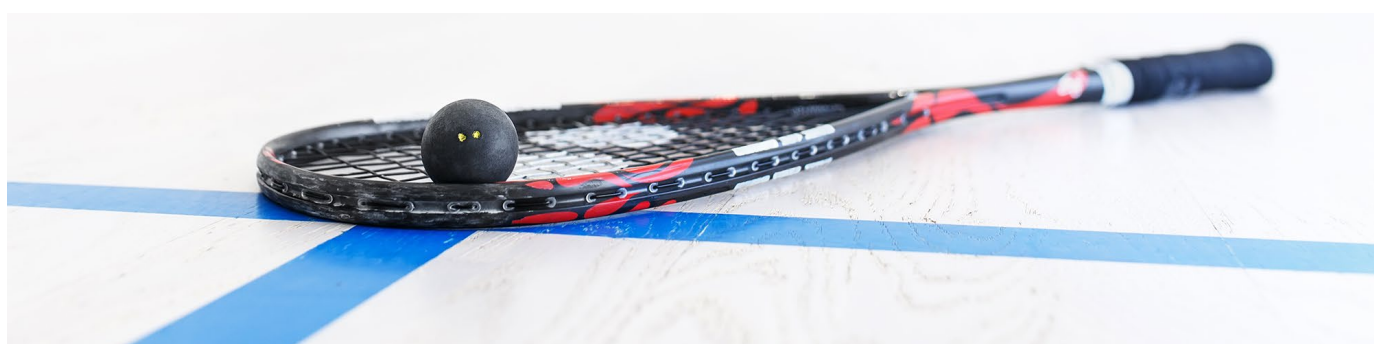
This is a mixed team's event, open to all levels of play. The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:00pm and ends at 9:40pm.

## ROUND ROBIN Age: 14+ years • Levels: All Levels • Location: AFLC Squash Courts

A fun, social, non-competitive opportunity to play squash games with players at all levels. A great opportunity for players to work on their game, help others improve or just get in a great workout.

**NOTE:** Members are entitled to seven day advanced registration for prime and non-prime times, and entitled to sign-up for three free nights including House League (Monday and Wednesday) and Round Robin (Friday).

| PROGRAM                                          | START/END DATE                                | TIME            | FEE/CLASS                                                   | CODE    |
|--------------------------------------------------|-----------------------------------------------|-----------------|-------------------------------------------------------------|---------|
| Squash House League                              | Mon Sept 14 to Dec 14<br>*No class on: Oct 12 | 5:00pm – 9:40pm | FREE/13 Member<br>\$130.76/13 Non-Member                    | 40374*  |
| Squash House League                              | Wed Sept 16 to Dec 16                         | 5:00pm – 9:40pm | FREE/14 Member<br>\$137.32/14 Non-Member                    | 40375   |
| Round Robin<br>Weekly registration is required.^ | Fri Sept 18 to Dec 18                         | 6:00pm – 8:00pm | FREE/14 Member<br>\$12.25/1 Non-Member<br>(12-Week Session) | e-Play^ |





## GET FIT at CLUB AURORA

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

A personal trainer is a certified fitness professional who specializes 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 of our staff members are fully certified by nationally accredited organizations.

[www.aurora.ca/personaltraining](http://www.aurora.ca/personaltraining)

### 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              | \$76.32             | \$95.40                 |
| 3 Session Package*              | \$178.64            | \$223.30                |
| 5 Session Package               | \$311.78            | \$389.73                |
| 10 Session Package              | \$590.89            | \$738.61                |
| 20 Session Package              | \$1159.77           | \$1449.71               |
| SEMI-PRIVATE PERSONAL TRAINING^ | MEMBER (per person) | NON-MEMBER (per person) |
| Individual Session              | \$57.80             | \$72.25                 |
| 3 Session Package*              | \$134.12            | \$167.65                |
| 5 Session Package               | \$233.06            | \$291.33                |
| 10 Session Package              | \$443.93            | \$554.91                |
| 20 Session Package              | \$820.83            | \$1026.04               |

\*3 Session package is a one-time only offer. | ^Semi-Private Personal Training fees are per person.