

## October 2025

### Get Active This Fall

#### Embrace the Season with Outdoor Activity

As the leaves turn and the air gets crisp, October is the perfect time to take your fitness routine outdoors. In Canada, fall offers a refreshing break from summer heat and a scenic backdrop that makes staying active even more enjoyable.

#### Why Fall is Ideal for Fitness

Cooler temperatures make it easier to exercise without overheating, and the vibrant colours of autumn can boost your mood and motivation. Whether you're walking through Aurora's beautiful trails or joining a community class, fall is a great time to reset your wellness goals.



#### Local Ideas to Get Moving

- **Trail Walks & Hikes:** Explore the Aurora Arboretum or Sheppard's Bush for a peaceful walk or brisk hike.
- **Family Activities:** Rake leaves together, go apple picking, or plan a weekend bike ride.
- **Aquafit with a Twist:** As the temperatures drop, dive into the warmth of our indoor pools! Enjoy energizing water workouts that keep you active, refreshed, and moving all season long.

#### Tips for Fall Fitness Success

- **Layer Up:** Dress in breathable layers to stay warm without overheating.
- **Stay Visible:** Shorter days mean less daylight. Wear reflective gear if you're out early or late.
- **Hydrate:** You may not feel as thirsty, but hydration is still key in cooler weather.

Fall is a season of change and a great time to change up your routine. Whether you're returning to fitness or looking for a new challenge, take advantage of the season and enjoy everything our community has to offer.

Join our **Family Guided Hike** on Sunday,  
October 5 at 9:00 a.m. at Fairy Lake.

Get active and enjoy the beauty of York Region's top nature trails with guided family walks! These 60 to 90 minute outings are a

great way to move, connect, and take in the fall colours.

Wear comfy clothes, lace up your walking shoes, and feel free to bring your leashed dog along for the adventure!



[Register Online](#)

## Trainer Tips



**Written by Lisa Carter - Trainer**

Lisa Carter, our Trainer Tips columnist and C.S.E.P. Certified Personal Trainer, is dedicated to promoting community health and wellness. With her expert knowledge and friendly approach, Lisa empowers everyone, from beginners to fitness pros, to lead active, healthy lives.



### Should I be Lifting Heavy Weights as an Older Adult?

Yes, but heavy is relative. It means using a weight that challenges you. Typically, one that allows 10 to 15 reps before fatigue. Beginners may find bodyweight exercises or resistance bands effective before progressing to dumbbells or machines.

### Why Strength Training Matters

#### Preserves muscle mass

- After age 35, muscle loss accelerates. Strength training helps maintain and rebuild it.

#### Improves balance and mobility

- Stronger muscles enhance stability and reduce the risk of falls.

#### Boosts bone density

- Weight-bearing exercises support bone health and help prevent osteoporosis.

#### Supports independence

- Everyday tasks like climbing stairs or carrying groceries become easier and safer.

### Tips for Safe and Effective Training

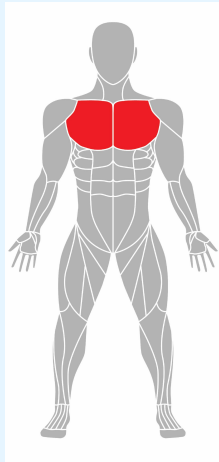
- Get medical clearance, especially important if you have conditions like arthritis, heart disease, or osteoporosis.
- Start slow. Begin with light weights (3 to 5 lbs.) and increase gradually.
- Focus on form. Proper technique is more important than lifting heavier.
- Train 2 to 3 times per week. This frequency helps build strength without overtraining.



Consult a professional. A personal trainer can tailor a plan to your needs and help prevent injury.

Email us your fitness questions.

## Featured Exercise - Pec Fly



### Exercise Focus:

The pec fly machine focuses on working the pectoralis muscles (chest muscle). The Pectoralis Major and Minor are responsible for the adduction and internal rotation of the arm, along with stabilizing the shoulder joint.

### Proper Technique:

1. Set to the desired weight.
2. Adjust the seat height so that the handles are at chest height.
3. Keep your back and shoulders against the back rest.
4. Grab the handles with the palms facing each other, keeping a slight bend in the elbows.
5. While squeezing the chest muscles, bring the arms towards each other in a slow and controlled manner, until they touch.
6. Pause briefly at the top of the movement before returning to the starting position.
7. Repeat for your desired number of repetitions.



Is there an exercise machine that you want to know how to use? Email us today.





## Healthy Recipe of the Month

### Creamy Tortellini Vegetable Soup

As the cooler fall temperatures set in, this creamy tortellini vegetable soup makes a cozy and satisfying dinner option. Packed with hearty vegetables and tender tortellini, it's quick to prepare, perfect for busy weeknights. Just add crusty bread and a fresh salad for a warm, comforting meal the whole family will enjoy.



#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large carrot, peeled and chopped (1 cup)
- 1 small yellow onion, chopped (1 cup)
- 1 tablespoon finely chopped garlic (from 3 cloves)
- 3 cups reduced-sodium vegetable broth or no-chicken broth
- 1 (15-ounce) can no-salt-added diced tomatoes with basil, garlic and oregano, undrained
- 2 tablespoons chopped fresh basil, plus more for garnish
- ½ teaspoon ground pepper
- ¼ teaspoon plus ⅛ teaspoon salt
- 1 (9-ounce) package refrigerated cheese tortellini
- 1 (5-ounce) package baby spinach
- 1 cup heavy cream

#### Directions

1. Heat 2 tablespoons oil in a large Dutch oven over medium-high heat. Add chopped carrot and chopped onion; cook, stirring occasionally, until the onion is softened, about 5 minutes. Add 1 tablespoon garlic; cook, stirring constantly, until fragrant, about 1 minute.
2. Stir in 3 cups broth, 1 (15-ounce) can tomatoes, 2 tablespoons basil, ½ teaspoon pepper and ¼ teaspoon plus ⅛ teaspoon salt; bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium; cover and

- simmer, undisturbed, until the carrots are crisp-tender, about 5 minutes.
3. Uncover and stir in 1 (9-ounce) package tortellini; cook, stirring occasionally, until the pasta is tender, about 5 minutes.
  4. Reduce heat to medium-low; stir in 1 (5-ounce) package baby spinach and 1 cup cream; cook, stirring constantly, until the spinach is wilted, about 1 minute. Divide among 6 bowls; garnish with additional basil, if desired.

Visit the website for more delicious recipes.

## Fall 2025 Program Guide

The Fall 2025 Program Guide is now available to [view online](#).

Registrations are now open for Recreation and Aquatic programs.

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

Don't delay, [register online](#)!



### 2026 Aquatic Leadership Courses

Aquatic Leadership registration is now available for all seasons of our 2026 Aquatic Leadership courses.

Full details at [aurora.ca/AquaticLeadership](https://aurora.ca/AquaticLeadership).

Register online or pay in-person at the A.F.L.C., A.T.S. or S.A.R.C.

View the Fall 2025 Program Guide Online

## Thanksgiving Day Weekend Holiday Schedule

We have something for everyone! Explore our wide range of drop-in activities this holiday weekend. Be sure to check the holiday schedules for full details, as they may differ from our regular programming. Please note: schedules and activities are subject to change or cancellation.

### Locations

- Aurora Family Leisure Complex (A.F.L.C.)  
- 135 Industrial Parkway North
- Aurora Town Square (A.T.S.) - 50 Victoria

Street

- Stronach Aurora Recreation Complex (S.A.R.C.) - 1400 Wellington Street East



Check out our list of activities for the holiday weekend.

## Join our Aquafitness Team



### We're Hiring: Aquafitness Instructors!

Are you passionate about fitness and love the water? Join our team as an Aquafit Instructor and make a splash while helping others stay active and healthy!

We're looking for energetic, certified instructors (WaterART, CALA, or equivalent) with great people skills and a valid Standard First Aid with CPR-C. Flexible availability including evenings, weekends, and holidays is a must.

Make waves in your career. Apply now and inspire others to move!

Apply Online Today!

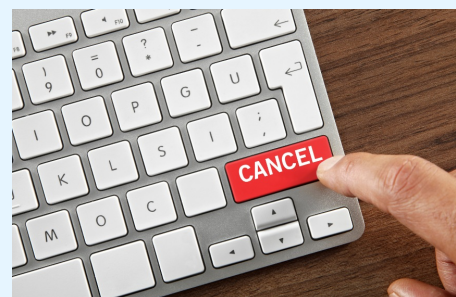
## Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We know life can throw curveballs, and sometimes you might not be able to make it to your scheduled land or virtual fitness class. If that happens, please let us know as soon as possible.

By informing us of any last-minute changes or unforeseen conflicts, you help us offer your spot to another eager participant, ensuring everyone gets a chance to stay active and healthy.

Remember, cancellations apply to all group fitness, aquafitness, aqua leisure, and



virtual programs.

To cancel your group fitness class registration, you can:

- Complete the online [Class Cancellation Form](#)
  - [Email our Customer Service team](#)
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**Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA**

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