

AUGUST 2026**New Equipment Alert!**

We are thrilled to announce that Club Aurora has had a few upgrades to our fitness centre, featuring LifeCycle bikes, an Olympic bench press, and new weight plates. These new additions are here to elevate your workout experience and bring a fresh energy to our space.

New Cardio Equipment

LifeCycle Recumbent Bike: Offers a comfortable, supported seat and smooth pedaling for a great low-impact ride.

LifeCycle Upright Bike: Gives you a traditional riding feel to boost your heart rate and strengthen your legs.

New Strength Gear

Olympic Bench Press: Designed for safety and comfort while you build upper body strength.

New Weight Plates: Replaces the old cast iron with modern rubber coated plates ranging from 2.5 to 45 lbs for a cleaner, quieter, better lift.

Come by today to test out the equipment and see how these upgrades can boost your routine

**Trainer Tip****Meet Lisa Carter - Personal Trainer**

With her knowledge and almost 25 years of personal training experience, Lisa is dedicated to helping you achieve and maintain your health and fitness goals.

Lisa specializes in working with older adults who want to build strength, improve body composition, increase energy, and feel confident in their bodies without extreme approaches. Her training style is supportive, practical, and results-driven, with a strong focus on proper technique, injury prevention, and long-term sustainability.

Her belief is that fitness should enhance the quality of life, not overwhelm it, and she is passionate about helping clients feel stronger, healthier, and more capable in their everyday lives.



How do I create a workout plan?

First, you need to determine your goals. Do you want to improve your muscular strength? Improve your physique? Lose weight (fat)? Gain weight (muscle)? Enhance your aerobic fitness?

Second, you need direction as to how to reach your goals. While the internet is an obvious choice, remember that anyone with a keyboard can post information on it. Look for reputable individuals who are trained in exercise science and/or credentialed by an established national or international organization. Beware of “fitness influencers” because most have little to no formal education in exercise science. You can certainly seek out the advice of fitness professionals in your local area but, again, make sure that they are formally trained and/or credentialed.

The personal training staff at Club Aurora are all accredited and are available to help you reach your goals! Peruse our Personal Training Wall for more information.

Email us today for your fitness questions

Important Fitness Centre Safety Update

Backward walking on treadmills and backward stepping on stair climbers have gained popularity in some fitness circles as emerging training methods for balance, coordination, and lower body conditioning. While we recognize and appreciate the interest in evolving fitness trends, participant safety remains our highest priority.

To help ensure a safe fitness environment for all users, the Town of Aurora has completed a review of the use of cardiovascular equipment in consultation with our legal and risk management team. As a result, effective immediately, backward walking on treadmills and backward stepping on the PowerMill will not be permitted.

This decision aligns with manufacturer safety guidelines and the Town's responsibility to provide a safe environment for all participants. These activities increase the risk of falls and injury and are not recommended by equipment manufacturers for intended use.

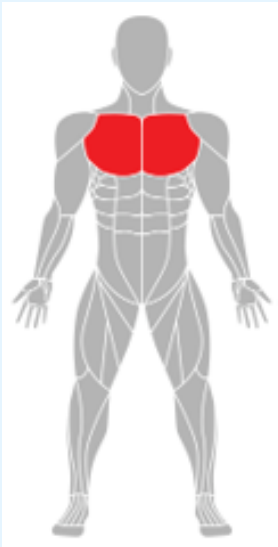
We appreciate our members' cooperation and understanding as we continue to prioritize health, safety, and responsible facility operations. Thank you for helping us

create a safe, welcoming, and positive fitness experience for everyone in our community.

Club Aurora Fitness Centre

Featured Exercise - Pectoral Fly

Written by Liam Savage, Fitness Attendant



STARTING POSITION



END POSTION



Target Body Part: Pectoralis Major

Equipment Needed: Pectoral Fly Machine (#9)

Exercise Focus: The pectoral fly focuses on working the pectoralis major. The primary function of the pectoralis major is to perform actions such as the flexion, adduction and internal rotation of the arm as well as assisting with breathing.

Proper Technique

1. Set to desired weight.
2. Adjust seat height so that the handles are at chest level.
3. Adjust the position of the handles backwards so that they are in line with the shoulders.
4. Grab the handles with your palms facing forwards.
5. In a slow and controlled motion, bring your arms together in front of you.
6. Ensure that you squeeze your chest when bringing your arms together and keep a slight bend in your elbows.
7. Pause briefly at the top of the movement, before slowly returning to the starting position.
8. Repeat for desired number of repetitions.

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

Fuel Your Fitness: The August Harvest Edition

Written by Alyssa Roberts - Fitness Programmer

August is peak harvest time, making it ideal to fuel your fitness goals with fresh peaches, sweet corn, and ripe field tomatoes. One of the easiest ways to support your active lifestyle is by eating what is fresh and local right now

Top August Superstars to Eat

Peaches and Plums: Packed with vitamin C and natural carbs for pre-workout energy.

Field Tomatoes: Loaded with lycopene to reduce exercise-induced inflammation and aid heart health.

Sweet Corn and Zucchini: Great sources of clean fiber and hydration that support muscle recovery and digestion.

Berries (Blueberries and Blackberries): Bursting with antioxidants to fight cellular oxidative stress after a tough gym session.

Fitness Tips for Late Summer

Hydrate smart: Pair plain water with water-rich foods like cucumbers and melons to keep your electrolytes balanced.

Keep meals light: Avoid heavy cooking by utilizing quick grill methods for your local squash, eggplant, and sweet peppers.

Time your nutrition: Enjoy a fresh peach or a handful of berries 30 to 60 minutes before training for a fast, easily digestible energy boost.

Looking for seasonal and locally grown foods, check out the Aurora Farmers Market. The market operates at the Town Park location every Saturday from 8 a.m. to 1 p.m. from the beginning of May to the end of October.



Aurora Farmers Market

2026 Municipal Election

Stay connected to everything you need to know.

AURORA'S 2026 Municipal Election

AURORA VOTES 2026

Sign up for Election News to receive updates on:

- Important dates and deadlines
- Voting information and locations
- How to participate in the election

aurora.ca/ElectionNews

Are you ready for Aurora's 2026 Municipal Election?

Whether you want to know who is running in your ward, where to cast your ballot or how to get involved sign up and learn about:

- Who are the candidates
- Find out where and how to vote
- Update your voter information
- Apply for election jobs
- Stay on top of important dates

An informed community is a strong community. Stay connected and sign up for the latest election updates today at aurora.ca/ElectionNews

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 fitness classes. 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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