

August 2025

Start Your Walking Journey Today

Walking isn't just a way to get from point A to B. It is a powerful, feel-good habit that boosts your health, clears your mind, and lifts your energy. Whether you're strolling through your neighbourhood or exploring a scenic trail, every step brings you closer to a healthier, happier you.

Want to make walking a natural part of your day? It's easier than you think. Just put one foot in front of the other. Here are some simple tips to help you turn walking into a daily habit you'll actually look forward to!



1. **Start Small, Build Up:** Begin with 10 to 15 minutes and work toward 30 minutes a day, 5 days a week.
2. **Make It a Habit:** Walk at the same time daily. Tie it to an existing routine.
3. **Track Your Steps:** Use a pedometer or fitness app such as Fitbit, to stay motivated and see your progress.
4. **Pick Pleasant Paths:** Choose scenic routes and switch things up to stay interested.
5. **Walk with Purpose:** Combine walking with errands, calls, or your favourite podcast.
6. **Dress for Comfort:** Wear good shoes, dress for the weather, and stay hydrated.
7. **Walk Together:** Invite a friend or join a group; social walks boost consistency.
8. **Celebrate Wins:** Reward yourself and reflect on how walking lifts your mood and energy.

Need inspiration? Explore the beautiful trails right here in Aurora, and discover your new favourite walking route. Let's get moving. Your next great walk is just around the corner!

Check out the Walking Trails in Aurora

Fall 2025 Program Guide

The Fall 2025 Program Guide will be available to [view online](#) on Tuesday, August 5, 2025.

Registration Dates

- **August 11** - Fall Recreation Programs
- **August 13** - Fall Aquatic Learn to Swim Programs

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

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



2026 Aquatic Leadership Courses

Aquatic Leadership registration opens on Monday, August 18 for all seasons of our 2026 Aquatic Leadership courses.

Full details at aurora.ca/AquaticLeadership.

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

[View the Fall 2025 Program Guide Online](#)

Trainer Tips



Meet 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.

Can Regular Exercise Slow Down Aging?

Yes! Regular Exercise can slow down biological aging. Here's how it helps:

Keeps Your Brain Sharp

- Helps your brain grow and stay healthy, which boosts memory and learning.
- Improves blood flow to the brain, lowering the risk of dementia.
- Lifts your mood by increasing feel-good chemicals like serotonin and endorphins.

Strengthens Muscles and Bones

- Prevents muscle loss that happens as we age.
- Builds stronger bones and lowers the risk of osteoporosis.
- Keeps joints strong and helps prevent falls.

Supports a Healthy Heart

- Lowers blood pressure and heart rate.
- Improves cholesterol and fat levels in your blood.
- Keeps your blood vessels flexible and

improves circulation.



Boosts Metabolism

- Helps your body use insulin better, reducing the risk of type 2 diabetes.
- Makes it easier to manage your weight.
- Lowers long-term inflammation in the body.

Protects Your Cells and Immune System

- Reduces damage to your cells.
- Helps your cells produce more energy.
- Strengthens your immune system to fight off illness.

Improves Movement and Balance

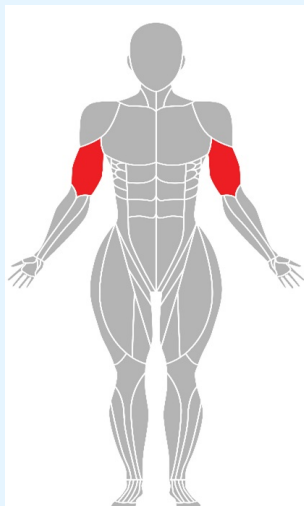
- Helps you stay coordinated and aware of your body's position.
- Increases flexibility and balance.
- Reduces the chance of falling and getting injured.

Just 30 minutes of moderate activity most days can enhance strength, balance, and mobility, helping you stay independent and energized well into later life.



Email us your fitness questions.

Featured Exercise - Dumbbell Bicep Curl



Exercise Focus: The dumbbell bicep curl is an isolation exercise, meaning that it primarily works one muscle alone, in this case being the bicep brachii. The bicep brachii plays a role in the flexion of the arm as well as stabilizing the shoulder joint during movement.

Proper Technique:

1. Set to the desired weight.
2. Stand with your feet shoulder width apart.
3. Hold the dumbbells to the side of your body, with your elbows barely touching your sides.
4. Ensure that your shoulders are relaxed and that your core is tightened.
5. Hold the dumbbells so that your palms are facing forward.
6. While keeping your elbow



stationary, curl both dumbbells upward towards your shoulders.

7. Pause for a moment before returning to the starting position.
8. Avoid swinging the elbows or body during movement to gain momentum during movement.
9. Repeat for your desired amount of repetitions.

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

Healthy Recipe of the Month

Garlic Butter Roasted Salmon with Potatoes & Asparagus

Ingredients:

- 1 pound baby Yukon Gold potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 12 ounces asparagus, trimmed
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- $1\frac{1}{4}$ pounds salmon fillet, skinned and cut into 4 portions
- 4 tablespoons chopped parsley for garnish



Directions:

1. Preheat oven to 400°F. Toss 1 pound of potatoes, 1 tablespoon oil, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper together in a medium bowl. Spread in an even layer on a large rimmed baking sheet. Roast until starting to soften and

- brown, about 15 minutes.
2. Meanwhile, toss 12 ounces of asparagus with the remaining 1 tablespoon oil, $\frac{1}{8}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper in the medium bowl. Combine 2 tablespoons butter, 1 tablespoon lemon juice, garlic, $\frac{1}{4}$ teaspoon salt and the remaining $\frac{1}{4}$ teaspoon pepper in a small bowl.
 3. Sprinkle $1\frac{1}{4}$ pound salmon with the remaining $\frac{1}{8}$ teaspoon salt. Move the potatoes to one side of the pan. Place the salmon in the center of the pan; drizzle with the butter mixture. Spread the asparagus on the empty side of the pan. Roast until the salmon is just cooked through and the vegetables are tender, 10 to 12 minutes. Garnish with parsley.

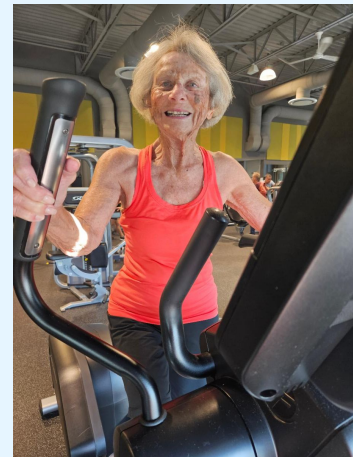
[Visit the website for more delicious recipes.](#)

Member Highlight: Marian Badgery - A Legacy of Wellness

At Club Aurora, we're proud to celebrate the inspiring members who embody the spirit of health, dedication, and community. This month, we're thrilled to shine the spotlight on **Marian Badgery**, a long-time member whose commitment to fitness and joyful living is nothing short of remarkable.

A Journey That Began in 1989

Marian first joined the Aurora Family Leisure Complex in 1989, drawn by its convenient location and well-timed aerobic classes that fit her work schedule. Over the years, with just a few pauses, she has remained a dedicated member, making Club Aurora a cornerstone of her wellness journey.



A Weekly Routine That Inspires

Marian works out three times a week at the fitness centre. From October to May, she also swims twice a week at the SARC, and during the summer, she enjoys even more swim time at her condo's outdoor pool.

Her workout routine is both balanced and fun:

- Cardio: 30 minutes on the ARC, elliptical, or rowing machine
- Strength: Free weights, BOSU exercises, squats, planks, and balance work
- Flexibility: Stretching for arms, legs, and neck
- Fun Factor: A weekly hula hoop session: 150 turns in each direction around the big gym!

Living Proof That Fitness is Ageless

At 92 years young, Marian is a shining example of what it means to age actively. She credits her physical and mental health to her consistent fitness routine. Beyond the gym, she enjoys walking, bicycling, and lawn bowling, proving that vitality truly knows no age.

The Secret to Staying Motivated

For Marian, the key motivator is simple: "The desire to remain active and enjoy life as long as possible." Her positive outlook and dedication are contagious, inspiring

everyone around her.

Words of Wisdom

Marian's advice to fellow members is both practical and uplifting:

"Exercise regularly. Establish a routine and stick to it. If you miss a day now and then, as most of us do, make sure you get back into your routine as soon as possible. And enjoy life!"

Contact us by email and tell us your story!

Summer Group Fitness & Aquafitness Schedule

Join the Town of Aurora's dynamic drop-in Group Fitness and Aquafitness classes! Whether you're a beginner or a seasoned pro, we have something for everyone, all year round. Plus, as a fitness member, you'll enjoy unlimited access to all our invigorating drop-in sessions.

Don't miss our exciting hybrid group fitness classes at 12:15 p.m. every Monday to Friday! Register online at www.aurora.ca/eplay and keep your fitness journey vibrant and fun!



Check out our Group Fitness & Aquafitness Class Schedules.

Aquafit On Demand at Club Aurora

Club Aurora has introduced an exciting new program, **Aquafit On Demand!** This innovative offering replaces the traditional "Aqua Leisure" program with virtual Aquafit classes, ensuring you never miss a workout even when an in-person instructor isn't available. Enjoy dynamic, pre-selected video workouts right on the pool deck, tailored to keep you motivated and fit.

Summer 2025 Schedule

June 30 – August 30

*No classes on August 4. Location: A.F.L.C.



What to Expect:

- Lifeguards will assist with setup.
- Classes start and end on time.

- Please minimize conversation during sessions.
- Speak to a lifeguard if you need visual assistance.

Program Schedule August:

Day of the Week	Time	Date	Program
Mondays	8:05 to 8:50 p.m.	August 11, 18, 25	Kickboard Cardio
Tuesdays	1:45 to 2:30 p.m.	August 5, 12, 19, 26	Weekly classes will rotate across listed programs.
Tuesdays	8:05 to 8:50 p.m.	August 5, 12, 19, 26	Active Aqua Yoga
Wednesdays	8:05 to 8:50 p.m.	August 6, 13, 20, 27	Circuit Wave Workout
Thursdays	8:05 to 8:50 p.m.	August 7, 14, 21, 28	Aqua Armed Forces

Program Descriptions:

AQUA ARMED FORCES: Water exercise upper body training. This 44-minute shallow water workout features 7 segments that target the upper body while also training cardio, balance, ROM, muscular strength and endurance. This is a great workout for smaller pool spaces.

ACTIVE AQUA YOGA: Water exercise yoga, cardio & toning. This 45-minute pool workout includes cardio, toning and yoga. 10 combinations feature a precise structure that introduces an exercise and then progresses four times until ending in a yoga posture.

KICKBOARD CARDIO: Cardio with & without kickboard. Kickboards can be just as effective in vertical water fitness as they are in horizontal swimming activities. Join Shelley Owens for a 45-minute pool workout that includes over 20 minutes of kickboard fitness challenges. This shallow water workout also includes high energy cardio without a kickboard.

CIRCUIT WAVE WORKOUT: Water exercise circuit workout. This water workout features 6 WAVES of exercises that target essential components of physical fitness. Each WAVE is 5-minutes long and includes 1 minute of strength, 2 minutes of cardio, 30-seconds of higher-intensity cardio and 1:30 of balance.

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 Today!

Summer Concert Series



TD
PRESENTS

AURORA'S 2025

CONCERTS IN THE PARK

SUMMER CONCERT SERIES

Aurora Town Park
49 Wells Street
7 p.m. to 9 p.m.



Premium Concert Experience

Donate food to the Aurora Food Pantry, you get a chance to win an amazing concert prize package!

Concerts are free

Licensed beverages and food options available for purchase on-site. For your seating comfort, please bring your own lawn chairs.

aurora.ca/SummerConcerts
#AuroraConcerts

JULY 2 • DAVE MOWAT & TRIO

From Delta to Chicago to Country blues, Dave Mowat & Trio deliver a soulful tribute to the legends who shaped the sound.

JULY 9 • X & Y - TRIBUTE TO COLDPLAY

Experience the soaring melodies and emotional anthems of Coldplay in this stunning tribute.

JULY 16 • ULTIMATE 80s

Flashback to the era of legends of Madonna, Michael Jackson, Prince and Whitney Houston. Produced by George St. Kitts.

JULY 23 • SIMPLY THE BEST - TRIBUTE TO TINA TURNER

Karen Durrant brings Tina Turner to life in a powerhouse performance packed with hits, high energy, and heart.

JULY 30 • NO SUGAR TONIGHT - TRIBUTE TO THE GUESS WHO, BURTON CUMMINGS & BTO

Celebrate the iconic sounds of Canadian rock legends with a show full of classic hits and unforgettable melodies.

AUGUST 6 • OUTLAW STATE OF MIND - TRIBUTE TO CHRIS STAPLETON

Grit, soul, and powerful vocals—this tribute delivers the raw intensity of Chris Stapleton in a show that's been selling out venues.

AUGUST 13 • TRIBUTE TO CANADIAN WOMEN IN MUSIC WITH KRISTA BLONDIN

Proudly celebrating women who shaped Canadian music, from chart-topping hits to iconic voices.

AUGUST 20 • DESIRE: ULTIMATE TRIBUTE TO U2

Feel the energy of U2 live with Desire's spot-on performance.

AUGUST 27 • THE 99s

Close the summer with a non-stop dance party! The 99s light up the stage with pop, rock, and R&B hits from the 70s to the 2000s.

Inclement Weather? Please call the 24-hour special events line at 905-726-4762.

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

Event Sponsors



For upcoming events in town, visit our website.

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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