

JULY 2026

Beat the Heat: Your Summer Fitness Guide

Don't let rising summer temperatures stall your fitness progress. With the right adjustments, you can safely maintain your training momentum all season long. Use the below suggestions to optimize your warm-weather workouts.

Time Your Training Right

- **Avoid Peak Sun:** Do not exercise outdoors between 10:00 a.m. and 4:00 p.m.
- **Embrace Early Mornings:** Early morning workouts offer the lowest temperature and humidity levels.

Master Hydration

- **Pre-Hydrate Daily:** Drink 500 mL of water two hours before stepping outside.
- **Replenish Electrolytes:** Choose an electrolyte drink for workouts lasting over 60 minutes.
- **Ditch the Caffeine:** Limit pre-workout stimulants that contribute to dehydration.

Select High-Performance Gear

- **Ditch the Cotton:** Heavy fabrics trap sweat and spike your core temperature.
- **Wear Technical Blends:** Select lightweight, moisture-wicking synthetic fabrics.
- **Block UV Rays:** Apply water-resistant SPF 30+ sunscreen 30 minutes before exposure.
- **Protect Your Eyes:** Wear polarized sunglasses to reduce glare and eye strain.

Recognize Warning Signs

Listen to your body to prevent heat exhaustion or heat stroke. Stop exercising immediately if you experience any of these red flags:

- Dizziness or lightheadedness
- Muscle cramping in legs or abdomen
- Nausea or sudden headache
- Profuse sweating paired with cold, clammy skin

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 Should I Breathe During Muscle Conditioning?

For muscle conditioning, always aim to inhale during the easier, relaxing phase and exhale completely during the hardest part, or exertion phase. This steady rhythm regulates your core and stabilizes your spine.

Breathing: Breathe deep into your belly, not shallowly into your chest, to maximize oxygen delivery to your muscles.

Exertion Phase (Exhale): Breathe out forcefully through pursed lips or your mouth when you are pushing, pulling, or lifting. For example, exhale as you stand up in a squat or push away in a push-up.

Relaxation Phase (Inhale): Breathe in slowly through your nose as you return to the starting position.

Avoid Holding Your Breath: Holding your breath can dangerously spike your blood pressure and cause dizziness.

Email us today for your fitness questions

VIRTUAL SENIORS' ACTIVE LIVING FAIR

FITNESS DEMOS • INTERACTIVE SEMINARS • EVENT PACKAGE

Join us for the entire day or part of the day!



Tuesday, July 28 2026
9 a.m. to 3:45 p.m.
on ZOOM
Phone in option available

How to Register or for more information
Email: wow@aurora.ca
Call: 365 500 3342



This event is hosted by Aurora Seniors' Centre in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Province of Ontario.

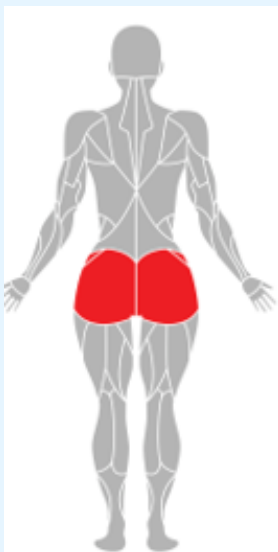


Funding provided by:



Featured Exercise - Rack Pull

Written by Liam Savage, Fitness Attendant



**STARTING
POSITION**

Target Body Part: Glutes, Trapezius and Erector Spinae

Equipment Needed: Barbell and desired weight plates

Exercise Focus: The rack pull exercise is a variation of the classic deadlift, with a few key differences. The rack pull shortens the range of motion to the top half of the deadlift. This shortened range of motion can be beneficial to those with lower back pain or shortened range of motion. The primary muscles worked are the glutes, trapezius and erector spinae.



END POSTION



Proper Technique

1. Add desired weight to barbell.
2. Adjust starting height so that the barbell is around knee height.
3. Position yourself behind the bar, feet shoulder width apart and toes pointing slightly outward.
4. Keep a slight bend in your knees and hinge forward at the hips so that your chest is over the bar.
5. Grab the bar a little wider than shoulder width apart, with your palms facing you.
6. In this position, the bar should be lined up over the middle of your foot.
7. As you begin to lift the bar from its elevated position, push down with the heel of your feet, squeeze your shoulder blades together and keep your core braced.
8. As you lift, push your hips forward until your spine is in a neutral (flat) position.
9. Pause briefly at the top before slowly returning to the starting position.
10. Repeat for the desired number of reps.

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

How to Keep Your Fitness Going When Life Gets Busy

Written by Alyssa Roberts - Fitness Programmer

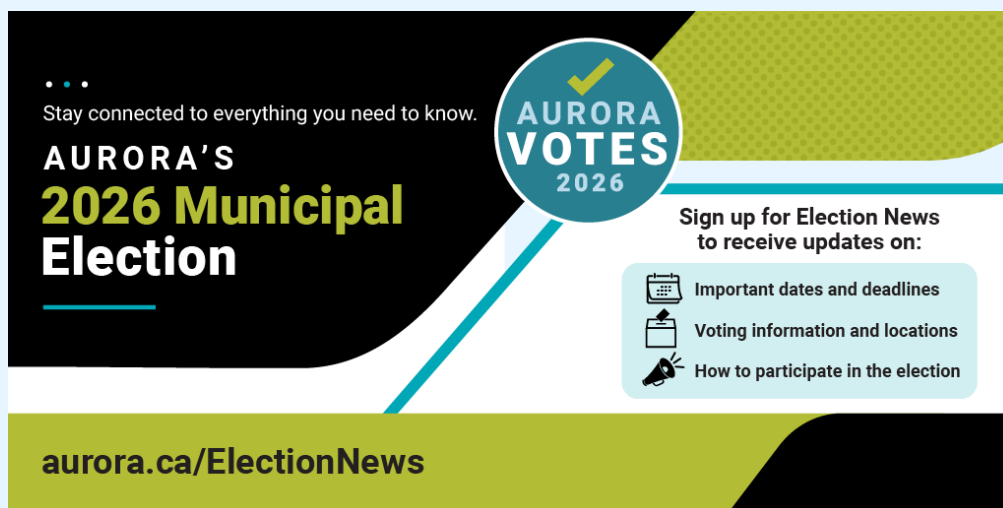
I was asked recently *"how do you keep your fitness a priority and on track while you have 4 kids home over the summer?"* It's true, balancing summer, kids out of school, full-time job and fitting in a workout has its challenges.

Here are some tips to help you keep fitness part of your regular routine this summer, whether its traveling, at the cottage or just keeping the kids busy.



- **The "Wake & Win" Rule:** Knock out a 20-minute workout before the kids wake up or your work day begins. You'll jumpstart your metabolism and eliminate excuses before the day gets chaotic.
- **Get the Kids Involved:** Go for a family bike ride, run or walk. Fitness is not only good for you, but for the entire family.
- **Leverage Summer Gyms:** If you need an escape from the summer heat, seek out local facilities with childcare or summer camps. It gives you a dedicated hour of sweat time while giving the kids a structured activity.
- **Make it a Non-Negotiable:** Put your workout in your schedule and stick to it. It should be like any other appointment in your calendar.
- **Embrace Micro-Workouts:** Break your activity into 10-minute chunks throughout the day. Three short walks equal 30 minutes of daily cardio.
- **Stack Your Habits:** Attach a workout to an existing summer routine. Do 20 squats and push-ups while waiting for the barbecue to heat up, or stretch while catching up on your favourite show.
- **Use Bodyweight Exercises:** When traveling, ditch the gym. Bodyweight circuits using squats, lunges, and planks require zero equipment and can be done anywhere.
- **Leverage Summer Activities:** Turn your social life into exercise. Swap happy hours for sunset hikes, pickleball, or stand-up paddleboarding.

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

Spring & Summer 2026 Program Guide



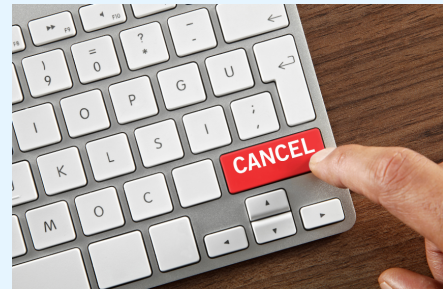
Check out all of the registered programs and drop-in activities we offer at the Town of Aurora. Registration is open for Recreation and Aquatic programs. View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C., A.R.C. or A.T.S.

[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 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](#)

Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!