

MARCH 2026**Staffing Update**

My name is Alex, I recently graduated from Queen's University. I studied Psychology and Employment Relations, in addition to taking several courses in physical health and wellness. This background has strengthened my interest in supporting both the physical and mental well-being of others.

I also genuinely enjoy connecting with the community and helping others feel comfortable, supported, and motivated in their fitness journey. I can't wait to meet everyone, and help create a positive and welcoming environment for all members.



Hello, I'm Sadaf. I recently graduated from Kinesiology at McMaster University with a Certification in Rehabilitation Science.

I'm really passionate about exercise science and all things fitness. I'm excited to meet members and help create a positive gym experience.

Fitness Boxing

Fitness Boxing is an exceptional, full-body workout that burns calories while significantly improving cardiovascular health, building functional strength, and enhancing coordination. It offers high-intensity interval training (HIIT) that tones arms, shoulders and core, while reducing stress and boosting confidence.

Here are a few reasons why you should do Fitness Boxing:

Exceptional Cardio & Weight Loss: The high-intensity, interval-based nature of boxing elevates your heart rate, strengthening the heart and lungs while burning calories.

Full-Body Strength & Toning: Unlike isolated weightlifting, boxing engages the entire body. Power is generated from the legs, driven through the core, and released through the arms, building lean and functional muscle.



Stress Relief & Mental Health: It provides a safe, intense outlet for releasing stress, frustration and tension, which helps boost mood and clear the mind.

Improved Coordination & Balance: The combination of footwork and punch sequences enhances hand-eye coordination, balance and agility.

Mental Engagement: Because it involves learning sequences, combinations and timing, it serves as a "brain game" that keeps you mentally focused and sharp.

Accessible & Fun: It is a dynamic, engaging workout that can be adapted for any fitness level.

Club Aurora has 2 ways for you to try Fitness Boxing. For one-on-one Fitness Boxing, book a personal training session with Saeid or join Saied on Saturday's for group Fitness Boxing. Registration is required.

Spring & Summer 2026 Registration Dates

Residents: Monday, March 9

Non-Residents: Monday, March 16

[Program Guide](#)

Trainer Tips

What are some simple exercises to help my balance?

Our ability to balance well starts to decrease in our 40's. Performing simple balance exercises on a regular basis will help to ward off the decline. Start with the basics and as you improve, challenge yourself by making the movements more difficult.



Beginner Balance Exercises

Balance While Sitting:

Sit on the edge of a sturdy chair. Without leaning back raise one foot slightly off the ground, then the other. One at a time. When this becomes easy, try lifting both feet at the same time. Sit on a soft pillow for even more of a challenge.

Tandem/Staggered Stand:

Place right foot directly in front of the left foot so that the heel of right foot is just touching the toes of the left. Try to stay as still as possible. Hold the tandem stand for 10 seconds. Rest. Change feet.

Heel/Toe Walk:

Stand upright and place your right heel on the floor directly in front of your left toe. Then do the same with your left heel. Make sure that you always keep looking forward. If necessary, put your fingers against a wall for stability. Try to perform at least five steps. As you progress, move away from the wall.

Crossover Walk:

Stand with feet hip-distance apart. Begin walking to your right crossing your left leg over the right, then back to starting position. Continue stepping sideways in a constant motion for about 10 feet. Repeat in the other direction, 5 times each direction.

Pillow Stand:

Try standing on a pillow. To make it harder, throw a ball in the air or against the wall, and then catch it again without moving off the pillow.

Meet Lisa Carter - Personal Trainer

Meet Lisa Carter, our incredible *Trainer Tips* columnist, fitness staff member, and a C.S.E.P. Certified Personal Trainer who truly embodies community health and wellness!

With her extensive fitness expertise and approachable demeanor, Lisa isn't just here to get you in shape - she's committed to enhancing the well-being of every fitness member.

Whether you are a seasoned fitness enthusiast or just starting to get moving, Lisa's insights are designed to inspire and motivate you to embrace an active, healthy lifestyle.

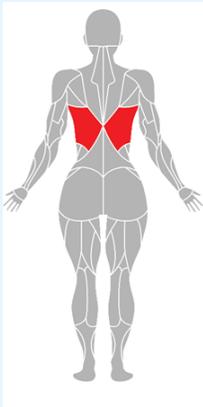


Featured Exercise - Lat Pulldown Machine

Written by Liam Savage, Fitness Attendant

Target Body Part: Latissimus Dorsi

Equipment Needed: Lat Pulldown Machine



**STARTING
POSITION**



Exercise Focus: The lat pulldown machine (#6) will work the latissimus dorsi muscle. The latissimus dorsi muscle is multifunctional, assisting in the internal rotation, adduction and extension of the arm at the shoulder joint.

Proper Technique:

1. Set the machine to the desired weight.
2. Adjust the knee pads so it rests firmly on top of your knee, ensuring your knee is at a 90 degree angle.
3. Reach up and grab the handles, ensuring your grip is slightly wider than shoulder width apart, with your palms facing away from you.
4. Pull the handles down towards your collarbone, dragging your elbows towards the ground.
5. As you pull the handles to your collarbone, squeeze your shoulder blades together downwards.

END POSTION



6. Pause briefly, before slowly returning to the starting position.

7. Repeat for desired number of repetitions.

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

Northern Lights Cup Kicked Off This February

This February and March, our squash community will come together for a brand-new team competition — the **Northern Lights Cup**.

Inspired by the spirit of the Davis Cup (tennis) format, this event brings a fun and social twist to competitive squash. Members have been divided into teams based on where they live, giving us a great opportunity to build local pride while strengthening connections across our club.

This year we have six teams competing:

- Two teams from Newmarket
- Three teams from Aurora
- One combined team from Richmond Hill / King City

From early February through the end of March, each team will play one match per week. Players will schedule their own matches at times that work best for them, making the format flexible and easy to fit into busy schedules. Scores will be recorded online so everyone can follow the standings, track their progress, and cheer on their teammates throughout the competition.

The emphasis of the Northern Lights Cup is simple: fun, connection, and community. While we all enjoy a little friendly rivalry, this event is designed to help members meet new playing partners, enjoy an extra weekly match, and build camaraderie across our growing squash network.

At the end of March, the top two teams in the standings will face off head-to-head in a championship final to determine the inaugural Northern Lights Cup winner. Bragging rights — and plenty of pride — will be on the line!

Whether you're competing or following along from the sidelines, we look forward to an exciting two months of spirited matches, great sportsmanship, and plenty of memorable rallies.



We Want to Hear From You

We will be replacing our True Fitness bikes later this year, and we'd love your input as we plan for the next generation of equipment. To help us choose the bikes that best match our members needs, we've created a short survey asking which brands and styles you prefer and why. Your feedback is important and will help us make the best decision for our facility.

Thank you for taking a few moments to share your feedback!

Club Aurora Fitness Member Survey

A.F.L.C. Pool Closure

The A.F.L.C. Desjardins Pool and changerooms will be closed from Monday, March 16 to Sunday, March 29 for annual maintenance. The Fitness changerooms are available for use during this time.

Please click below for all swims scheduled at the S.A.R.C. Canadian Tire Aquatic Pool during this time.

Swim Schedule

Coming Soon - Spring & Summer 2026 Program Guide



View Online - Tuesday, March 3, 2026

Spring & Summer 2026 Registration Dates - Online & In-Person

Registration starts at 6 a.m. on the first day of registration.

Recreation Programs - Spring & Summer

Residents: Monday, March 9

Non-Residents: Monday, March 16

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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