

September 2025

Kickstart September. Join our Group Fitness Classes!

School's back, schedules are packed. Now is the perfect time to prioritize *you*!

Join the Town of Aurora's dynamic drop-in Group Fitness and Aquafitness classes and keep your wellness goals on track, no matter how busy life gets.

Whether you're just starting out or you're a seasoned fitness enthusiast, we've got something for everyone—all year long. And the best part? Fitness members enjoy unlimited access to all our invigorating drop-in sessions!



Don't miss our exciting hybrid group fitness classes at 12:15 p.m., Monday to Friday—perfect for a midday boost to keep you energized and focused. Ready to move, sweat, and feel great?

Register now at aurora.ca/eplay and make this September your strongest yet!

Check out our Group Fitness & Aquafitness Class Schedules.

S.A.R.C. Pool Closure

The S.A.R.C. Canadian Tire Aquatic Centre Pool will be closed from Tuesday, September 2 to Sunday, September 14 for annual maintenance.

Please check out our revised Aquafit classes scheduled at the A.F.L.C. during this time.

Aquafit Schedule - September 2 to 14



Concussion Awareness - Know the Signs, Stay Safe

This month highlights the importance of understanding concussions as brain injuries, supporting those affected, and advocating for improved services across all stages of recovery.

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that disrupts normal brain function.

Common causes include falls, sports injuries, motor vehicle accidents.



Signs & Symptoms

- Physical: Headache, nausea, balance problems
- Cognitive: Confusion, memory issues
- Emotional: Mood swings, irritability
- Observed: Slurred speech, delayed responses

When to Seek Medical Help

Seek immediate medical attention if you notice any of the following:

- Loss of consciousness
- Repeated vomiting
- Worsening headache
- Seizures

Return to Activity

Recovery should be gradual and supervised by a healthcare professional. Follow a step-by-step return-to-activity plan.

To help recognize concussions in children, youth and adults, check out the Concussion Recognition Tool 6 (CRT6)

CRT6™

Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults



Trainer Tips



Written by Lisa Carter - Trainer

Why is my balance getting worse as I age?

As we age, our ability to maintain balance naturally decreases due to a combination of physical, sensory, and neurological changes. Understanding these factors can help us take steps to reduce fall risk and improve stability.

- Muscle weakness: muscle mass decreases with age (sarcopenia), especially in the legs and core, reducing

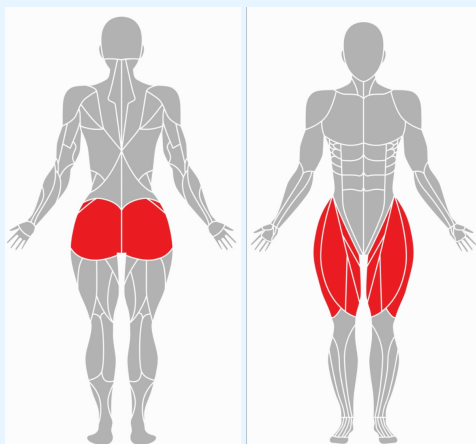
Lisa Carter, our Trainer Tips columnist and C.S.E.P. Certified Personal Trainer, is dedicated to promoting community health and wellness. With her expert knowledge and friendly approach, Lisa empowers everyone, from beginners to fitness pros, to lead active, healthy lives.



- the body's ability to stay stable.
- Reduced joint flexibility: stiffness in joints, especially the ankles and hips, limits movement needed for balance adjustments.
- Decline in vision: vision helps with spatial awareness and movement. Age-related vision issues impair this vital sense.
- Inner ear (vestibular system) changes: the inner ear detects head position and movement. Aging can weaken this system, causing dizziness or imbalance.
- -Slower nervous system response: aging slows reaction times and nerve communication, making it harder to recover from slip or trips.
- Poor proprioception: this is the body's awareness of position and movement. It diminishes with age, especially in the feet and legs.
- Chronic conditions: conditions like arthritis, diabetes, or Parkinson's Disease affect balance directly and medications may cause dizziness.
- Fear of falling: worrying about falling can cause overly cautious movements or reduced activity, increasing fall risk.
- Decreased physical activity: a sedentary lifestyle leads to loss of strength, coordination and confidence in movement.

Email us your fitness questions.

Featured Exercise - Leg Press



Exercise Focus:

The Leg Press machine (#8) is a compound exercise, meaning it will work multiple muscle groups. The main muscles worked are the gluteal muscles and the quadriceps. These muscle groups work together to create essential movements such as walking, running and climbing stairs.

Proper Technique:

1. Set to the desired weight.
2. Place your feet on the platform



in front of you, ensuring your legs are shoulder width apart, with your knees aligned with your toes and your toes pointed upwards.

3. Adjust the seat position so that your knees are at a 90 degree angle.
4. When extending upward, dig the heel of your foot into the pad.
5. Do not fully extend the knee.
6. Pause briefly at the top before slowly returning to the starting position.
7. Repeat desired number of repetitions.

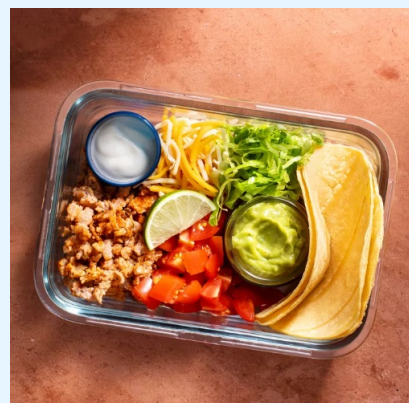
Is there an exercise machine that you want to know how to use? Email us today.

Healthy Recipe of the Month

DIY Taco Lunchbox

Say goodbye to lunchbox trades! This kid-approved, nutritious lunch idea is designed to satisfy even the pickiest eaters.

Tacos are always a hit! Warm the tortillas beforehand to keep them soft and easy to fill. Want that classic crunch? Swap in tortilla chips for a fun twist. It's a simple, tasty way to pack flavour and fun into lunchtime.



Ingredients

- 2 (5½-inch) corn or flour tortillas, warmed if desired
- 3 [Easy Turkey Meatballs](#), crumbled
- ½ teaspoon mild chili powder
- ¼ cup guacamole
- ⅓ cup chopped grape tomatoes or bell pepper
- ⅓ cup thinly sliced romaine or shredded carrot
- 2 tablespoons shredded Mexican-style cheese
- 1 tablespoon sour cream (Optional)
- 1 lime wedge (Optional)

Directions

1. Wrap tortillas in plastic wrap or foil.
2. Combine meatballs with chili powder in a small bowl; mix well.
3. Pack the meatballs along with guacamole, tomatoes (or peppers), lettuce (or carrot), cheese, sour cream (if using) and lime wedge (if using) in a divided bento-style lunchbox or in separate containers with lids.
4. Place the wrapped tortillas on top. Refrigerate or keep cold with an ice pack until ready to serve.
5. To serve, divide the meatballs, guacamole, tomatoes (or peppers), lettuce (or carrot) and cheese between the tortillas.
6. Top with sour cream and serve with a lime wedge, if desired.

To make ahead

1. Refrigerate for up to 1 day.

Visit the website for more delicious recipes.

Coming This Fall - Boxing Fitness

Join us this Fall for an energizing Boxing Fitness experience!

Designed to challenge and motivate, this class is perfect for anyone aged 14 and older looking to boost their fitness in a fun and inclusive environment.

Why Join?

Get ready to punch, sweat, and have fun while improving your strength, endurance, and overall fitness in a supportive group setting.

Program Details:

Day: Saturdays

Time: 12 p.m. to 1 p.m.

Location: A.F.L.C. Lind Realty Team Fitness Studio



Single Class: Saturday, September 6

Full Session: Saturday, September 13 to October 25

To register online or for more information, visit our website.

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. 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.

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

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

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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