

December 2025

Club Aurora Fitness Centre Closure & Equipment Upgrade

We're excited to announce that Club Aurora is upgrading its fitness equipment to enhance your workout experience!

To accommodate delivery and installation, the Fitness Centre will be closed from **Wednesday, December 3 to Friday, December 5**. We will reopen on Saturday, December 6.

What's New?

We're adding state-of-the-art equipment, including:

- TRUE Gravity Plus Treadmills
- Apex Recumbent Elliptical Trainer
- FT-900 Functional Cable Machine
- Palladium Series Strength Machines

Change Room Maintenance

The Men's and Women's Fitness Change Rooms will be closed from Tuesday, December 2 to Friday, December 5 for scheduled maintenance.

During this time, the Men's, Women's, and Family Pool Change Rooms will remain available.

Other Fitness Services Remain Open

Squash Courts, Group Fitness, and Aquafit classes will continue as scheduled during the closure.

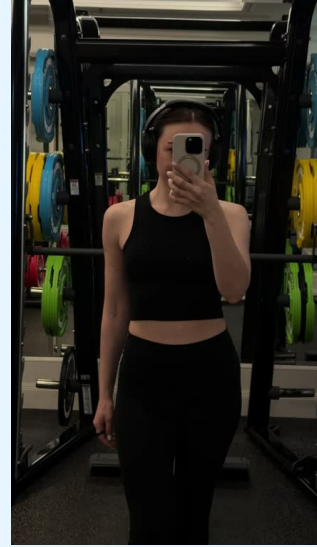
Thank you for your understanding and support as we work to improve your fitness experience. We look forward to welcoming you back on Saturday, December 6!

Capturing Moments at Club Aurora: What You Need to Know

We've noticed an increase in requests to take photos and videos within the Club Aurora Fitness Centre. While we understand the desire to capture your fitness journey, it's important to respect everyone's privacy.

The Town of Aurora's Recording Devices Policy (Policy No. 73) ensures that individuals can enjoy our facilities free from invasion of privacy. Here's what you need to know.

- **Permission Required:** Before using any recording device, please speak with Fitness staff. Approval is granted on a case-by-case basis.
- **Discretion Matters:** If the facility is busy and capturing images would compromise others' privacy, your request may be denied.
- **Signage:** Notices will be posted at the Fitness Desk and throughout the Fitness Centre as reminders.



If you have any questions or concerns, please connect directly with our Fitness staff.

Keeping Up Your Fitness Routine During The Holiday Season

With the holiday season's festive gatherings and hectic schedules, it can be challenging to stay committed to your fitness routine. However, staying active during the holidays is important for maintaining your fitness, health, well-being and stress levels. Here are some tips to help keep you on track.

Schedule your workouts

Put your workout in your calendar like any other meeting or appointment.

Plan ahead

Pack your gym bag the night before, lay out your fitness clothes before going to bed; if you fail to plan, you plan to fail!

Plan shorter workout sessions

Don't aim for long sessions. Fit in mini-workouts throughout the day, every minute adds up.

Set realistic goals

Focus on maintaining your fitness level; no major changes to your program to avoid stress.

No gym, No problem

You can workout using your own body weight anywhere; squats, pushups, and lunges will give you a full body workout.

Trainer Tips

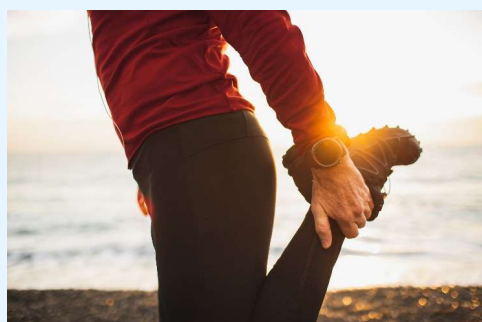
How To Warm-up and Cool-down

To correctly warm-up, start with 5-10 minutes of light cardio to increase your heart rate, then perform dynamic stretches that mimic the workout



Written by 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.



ahead. For a cool-down, gradually lower your heart rate with a period of light activity, followed by static stretching to improve flexibility.

Warm-up

Light Cardio (5-10 minutes)- Begin with a gentle, sustained activity to increase blood flow and raise your body temperature.

Examples: Brisk walking, light jogging on a treadmill, or a slow cycle on a stationary bike.

Dynamic Stretching - Move through a range of motion to prepare your joints and muscles for the specific movements of your workout.

Examples: Arm circles, leg swings, bodyweight squats, lunges, and high knees.

Targeted Activation - Perform exercises that engage the specific muscles you will be using during your main workout, but at a lower intensity.

Examples: If lifting weights, do a few low-weight or bodyweight versions of your exercises to activate the muscles.

Cool-down

Gradual Decrease in Intensity - After your main workout, slowly reduce your heart rate to prevent a sudden drop.

Examples: For a run, a light jog or walk before stopping. For cycling, a slow coasting period.

Static Stretching - Hold stretches to improve flexibility and help your muscles recover.

Examples: Stretch the major muscle groups you worked during your workout, holding each stretch for a minimum of 15-20 seconds.

Email us your fitness questions.

Featured Exercise - Triceps Pulldown

Written by Liam Savage, Fitness Attendant

Exercise Focus:



The triceps rope pulldown focuses on developing the triceps muscles, the largest muscle located in the arm. This muscle group allows for essential movement such as elbow extension and stabilizing the shoulder.

Proper Technique:

1. Set to the desired weight.
2. Stand with your feet shoulder width apart, knees slightly bent.
3. Keep your back straight and core engaged.
4. Adjust the pulley so that the cable rests at chest level.
5. Stand close to the cable machine, facing it.
6. Pull the cable downwards towards your hips, keeping your elbows close to your sides.
7. Hold for a moment 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.

Healthy Recipe of the Month

Chicken Fajita Soup

This chicken fajita soup combines the vibrant, smoky flavors of traditional fajitas with the comforting warmth of a soup. This versatile dish is perfect for a cozy dinner, and can be easily adjusted to suit your preferences. To kick up the heat, add a chopped jalapeño to the veggie mixture. You can swap out the rotisserie chicken for another protein like leftover steak, or make it vegetarian by using no-chicken broth and subbing tofu in place of the chicken.



Ingredients

1 tablespoon extra-virgin olive oil
1 cup chopped yellow onion
1 cup chopped red bell pepper
1 cup chopped yellow bell pepper
1½ tablespoons minced garlic
2½ teaspoons chili powder
1½ teaspoons ground cumin
1 teaspoon smoked paprika
½ teaspoon dried oregano
½ teaspoon salt
4 cups reduced-sodium chicken broth
2 (14.5-ounce) cans fire-roasted diced tomatoes, undrained
1 (15-ounce) can no-salt-added black beans, rinsed
⅓ cup chopped fresh cilantro
2 tablespoons lime juice
2 cups shredded rotisserie chicken
3 tablespoons reduced-fat sour cream
6 tablespoons tricolor tortilla strips
1 avocado, sliced

Directions

Step 1

Heat 1 tablespoon of oil in a large pot over medium heat. Add 1 cup each of onion, red bell pepper and yellow bell pepper; cook, stirring occasionally, until softened, about 5 minutes. Add 1½ tablespoons garlic, 2½ teaspoons chili powder, 1½ teaspoons cumin, 1 teaspoon paprika and ½ teaspoon each oregano and salt; continue cooking, stirring constantly, until fragrant, 1 to 2 minutes.

Step 2

Stir in 4 cups broth, 2 cans undrained tomatoes, 1 can rinsed black beans, ⅓ cup cilantro and 2 tablespoons lime juice; reduce heat to medium-low and simmer, uncovered and stirring occasionally, until the flavors meld, about 20 minutes. Stir in 2 cups shredded chicken; simmer, undisturbed, for 5 minutes.

Step 3

Ladle the soup into 6 bowls. Divide 3 tablespoons sour cream, 6 tablespoons tortilla strips and avocado slices among the bowls before serving.

Holiday Schedule

Enjoy fun drop-in activities over the holiday season including swimming, skating, and fitness classes. Activities are offered at the Aurora Family Leisure Complex and the Stronach Aurora Recreation Complex. Check schedules for details.

Winter Holiday



Winter 2026 Program Guide

The Winter 2026 Program Guide will be available to [view online](#) on Tuesday, December 2, 2025.

View Program Guide Online

Program Guide Webpage - www.aurora.ca/ProgramGuide

Note – All program guides are available online to view, download and print

Register Online & In-Person

To register online, go to the www.aurora.ca/ProgramGuide webpage. View the interactive guide and click on the code # to register online. Pay in-person at the AFLC, ATS or SARC



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., A.T.S. or S.A.R.C.

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

