

## February 2026

### Beat the February Blues

Beat the February blues by using exercise to boost endorphins, combat sluggishness, and improve your mood during the month of February.

Effective strategies can include 20-30 minutes per day outdoors. Fresh air and natural light can do wonders for your mood.

Joining a social group fitness class allows you to get out of the house and interact with people. A social fitness environment can provide extra motivation and positive energy. Club Aurora has a variety of fitness classes including, Cyclefit, Step, Zumba and more.

It's never too late to try a new sport or activity. Winter can be the perfect time to explore a new fitness routine. Have you tried rock climbing, boxing or belly dancing? Trying a new activity is good for your personal growth, mental health and cognitive function.

**Email us your fitness questions.**

### Featured Exercise - Multi-Press Machine

**Written by Liam Savage, Fitness Attendant**

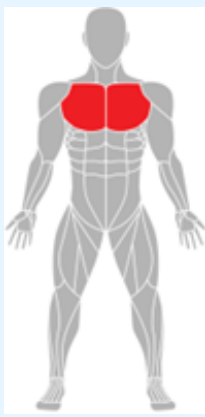
#### **CHEST**

**Target Body Part:** Chest or Shoulders

**Equipment Needed:** Multi-Press Machine

**Exercise Focus:** The multi-press is a versatile machine allowing for different exercises to be performed based on the positioning of the seat. The seat can be adjusted by pulling the handle beside the seat out and then sliding the seat up or down. If the seat is upright, you will perform a shoulder press, targeting primarily the deltoids. If the seat is inclined,

it will allow for an inclined chest press to be performed, targeting primarily the pectoralis major.



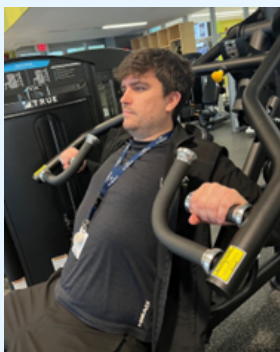
## **SHOULDERS**



## **STARTING POSITION**



## **END POSITION**



## **Proper Technique - Shoulder Press**

1. Set to the desired weight.
2. Pull the handle beside the seat and slide it upwards until the seat is in an upright position.
3. Adjust the seat height so the handles are level with the shoulders.
4. Grab the handles, ensuring that your wrists are flat and your forearms are directly under your hands.
5. Push upwards, extending the arms to near full extension.
6. Hold for a moment before slowly returning to the starting position.
7. Repeat for the desired number of repetitions.

## **Proper Technique - Chest Press**

1. Set the desired weight.
2. Pull the handle beside the seat and slide it downward until it is in an incline position.
3. Adjust seat height so the handles sit at chest level.
4. Grab the handles, ensuring that your wrists remain in line with the forearm and your elbows tucked back.
5. Push your arms forward until nearly fully extended, squeezing your chest as you push.
6. Hold for a moment before slowly returning to the starting position.
7. Repeat for the desired number of repetitions.

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

# Food Tip of the Month

To combat the Winter blues, focus on nutrient-dense foods that boost serotonin and Vitamin D levels. Food such as fatty fish (salmon, sardines), dark leafy greens (kale, spinach), nuts and seeds (walnuts, pumpkin seeds), citrus fruits and berries. Incorporating complex carbohydrates, dark chocolate, and fermented foods such as yogurt can also stabilize energy and improve your mood.



**Fatty Fish (Omega-3's)** Salmon, mackerel and tuna are rich in omega-3 fatty acids, which reduce inflammation and support brain health to combat low energy.

**Leafy Greens & Veggies** Spinach, kale and Swiss chard provide folate and magnesium, crucial for serotonin production.



**Nuts & Seeds** Walnuts, cashews and chia seeds offer magnesium to calm the nervous system.

**Citrus & Berries** Oranges, berries and other colourful fruit provide Vitamin C and antioxidants that act as natural mood lifters.

**Probiotics** Yogurt and kefir support gut health, which is directly linked to mental well-being.

**Complex Carbohydrates** Oats, brown rice and whole grains help maintain steady energy levels and prevent mood dips throughout the day.

**Dark Chocolate** A small amount of dark chocolate can release endorphins and reduce stress hormones.

## Family Day Weekend

### Arctic Adventure

Saturday, February 14 & Monday, February 16, 2026

Enjoy two days of free activities as we celebrate Family Day. We'll also have some spectacular shows and live entertainment.



[More Information](#)

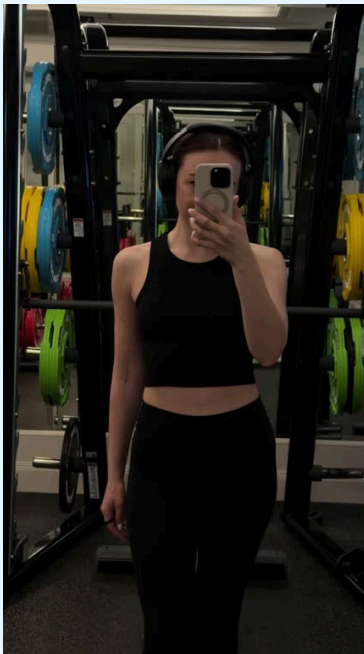
Due to popular demand, Club Aurora has extended the Statutory Holiday hours.  
Check out the NEW hours below

**Club Aurora will be open Monday, February 16**  
**7 a.m. to 5 p.m.**

**Join us for Boot Camp on Monday, February 16**  
**9:30 a.m. to 10:30 a.m.**

[Register Here](#)

## 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.

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

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