

January 2026



Club Aurora 2025: A Year of Innovation and Upgrades

Hybrid Group Fitness Program

Early in 2025, Club Aurora introduced Hybrid Group Fitness Classes to give members more flexibility and reduce the challenge of registering for popular in-person sessions. This option allows participants to join virtually when in-person spots are full.

Currently, hybrid classes run Monday to Friday from 12:15 PM to 1:00 PM in our Group Fitness Studio. While the system is limited to this studio, we are exploring ways to expand hybrid offerings in the future.

Registration is simple: Just select the virtual option when signing up online. If you cannot attend, please follow the Club Aurora Group Fitness Cancellation Policy and cancel online before class begins.

Aquafit OnDemand Program

Our Aquafit OnDemand program delivers instructor-led aquafit classes via an online app, streamed on large screens at both the S.A.R.C. and A.F.L.C. pools. This innovation ensures participants enjoy structured workouts even when an instructor is unavailable.

The program has become popular for its variety and underwater visuals. OnDemand classes will continue in 2026 as standalone sessions and as a backup when instructors are unavailable.

We remain committed to recruiting new aquafit instructors to strengthen our programming in the coming year.

Facility Upgrades and Equipment Replacement

In December 2025, Club Aurora underwent a major transformation. We closed from December 3 to 5 to install new equipment, reorganize the layout, and complete a deep clean of our facility.

Highlights include:

- Installation of Palladium Series Strength Equipment
- Addition of 4 TRUE Treadmills and an accessible Recumbent Elliptical trainer
- Creation of a new stretching area and mirrored free-weight overflow space
- Relocation of the fitness desk for better accessibility

In 2026, we plan to further refine the layout, expand the stretching area, and reduce congestion in the free-weight section.

Thank you for your patience and support during these improvements!

Registered Programs

In 2025, we offered a variety of popular programs that will return in 2026, including:

- Boxing Fitness
- Fun Guided Hikes
- Meditation for the Anxious Mind
- Osteolates
- Pilates
- Silver Spinners Cycle Fit (55+)
- Squash House League & Round Robin Play
- Squash Junior and Adult Learn to Play (Beginner, Intermediate, Advanced)
- Strictly Beginner Cycle Fit
- Yoga
- Zumba Toning

For more details visit the [Program Guide](#) webpage

Taking Your Fitness to the Next Level in 2026

Hiring a personal trainer offers benefits such as personalized workouts, faster results, and injury prevention through expert guidance on form, leading to better goal achievement. Trainers provide crucial accountability and motivation, keeping you consistent, plus offer education on overall wellness, and building long-term healthy habits. They tailor plans to your body, maximize workout efficiency, and offer support for sustainable lifestyle changes.

Personalized Plans: Trainers create custom workouts for your specific goals, body type, and fitness level, unlike generic programs.

Injury Prevention: Trainers teach correct exercise form and technique, reducing the risk of injury and maximizing effectiveness.

Accountability & Motivation: Scheduled sessions make you more likely to show up, and trainers provide ongoing support to keep you on track.

Faster, Efficient Results: Expertise ensures you target the right muscles at the right intensity for optimal fat loss and muscle gain.

Education & Skill Building: Learn proper movement, nutrition, and lifestyle habits for a healthier future, not just for the gym.

Holistic Support: Trainers can help with nutrition, sleep, stress management, and creating a positive relationship with fitness.

Consistency: A trainer acts as a dedicated partner, making it harder to skip workouts and harder to quit long-term.

Club Aurora has a roster of certified personal trainers to help you achieve all your fitness goals in 2026. To learn more on getting started with a personal trainer at Club Aurora, stop by the fitness desk and speak to any of our fitness staff, or send an email to fitness@aurora.ca

[Visit our Website](#)

Trainer Tips



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 and healthy lives.



Can I Build Muscle After 50?

Yes! You can definitely build muscle after 50 years of age.

Your body is still very capable of getting stronger and adding lean mass. In fact, you need to challenge your body with muscle conditioning to preserve the muscles you have and to help prevent the usual muscle loss we experience with age.

The keys are consistent strength training, eating enough protein, using proper form, and allowing good recovery between workouts.

Most people over 50 will see gains within a few weeks, and visible muscle changes within a couple of months. Keep working at it to move and feel better.





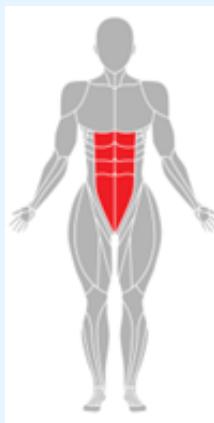
Email us your fitness questions.

Featured Exercise - Abdominal Crunch Machine

Written by Liam Savage, Fitness Attendant

Target Body Part: Abdominal muscles

Equipment Needed: Abdominal crunch machine



Exercise Focus: The abdominal crunch machine is an isolation exercise with the focus of targeting the abdominal muscles, comprised of the rectus abdominus, internal and external obliques, and transverse abdominus. The abdominal muscles are responsible for a diverse number of actions, such as bending and twisting of the trunk. The abdominal muscles also work in conjunction with the back muscles to regulate posture by supporting the spine.

Proper Technique



1. Set to the desired weight.
2. Adjust the foot pads so they sit at the bottom of your shin.
3. Brace your legs against the shin pads.
4. Grab the handles above your head using a neutral grip.
5. Engage your abdominal muscles in an attempt to bring your elbows and knees towards each other, as if squeezing yourself into a ball.
6. Pause briefly at the end of the movement, 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.

Healthy Recipe of the Month

No-Bake Energy Bites

These energy bites are a healthy take on traditional no-bake cookies. So good, and good for you. They can be stored in the freezer, so double the receipt to have extra on hand.



Ingredients

1 cup rolled oats
½ cup miniature semi-sweet chocolate chips
½ cup ground flax seed
½ cup crunchy peanut butter
½ cup honey
1 teaspoon vanilla extract

Directions

Step 1

Gather all ingredients.



Step 2

Stir oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.

Step 3

Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.

Step 4

Serve and enjoy!

Mayor and Council New Years Levee

Mayor and Council New Years Levee

Date - Saturday, January 10, 2026

Time - 10 a.m. to 12 p.m.

Location - Aurora Town Square - Davide De Simone Performance Hall (50 Victoria Street)

The Mayor and Council Levee is a festive opportunity for the community to meet with Town Council and enjoy lots of family activities such as skating, a pancake breakfast and more!



[More Information](#)

Winter 2026 Program Guide

The Winter 2026 Program is now available to view online on our [Program Guide](#) webpage

View Program Guide Online

To view this issue online, go to the [Program Guide](#) webpage.

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

Register Online & In-Person

To register online, go to the [Program Guide](#) webpage. View the interactive guide and click on the code # to register online. Pay in-person at the AFLC, ATS or SARC.



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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