



THE FITNESS SOURCE

Your resource for all the latest information at Club Aurora

June 2025

June is Recreation and Parks Month

June is Recreation and Park Month (J.R.P.M.) celebrates the benefits of recreation and parks for physical, social, and environmental health. Communities across Ontario use J.R.P.M. to promote local programs, events, and facilities for everyone to enjoy.

Access to parks and recreation fosters personal health, strong communities, and social inclusion. J.R.P.M. highlights Ontario's parks and recreation services, raising awareness of their role in individual, community, and environmental well-being. Join special events, participate in free town activities, or download the J.R.P.M. calendar for ideas on enjoying nature and play all month long!

Tag your pictures with #AuroraJRPM25.



JUNE IS RECREATION AND PARKS MONTH



ENERGIZE



GAME CHANGERS



LEGACY



UNITY

#JRPM2025 | #CommunityThrivesHere

Spring & Summer 2025 Program Guide

The Spring & Summer 2025 Program Guide is now available to view online.

Registrations are now open for Recreation and Aquatics 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 today!



View the Spring & Summer 2025 Program Guide Online

Summer Camps 2025 Program Guide

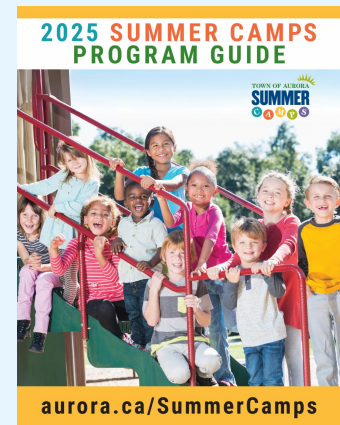
Summer Camps are coming to Aurora!

The **Summer Camps 2025 Program Guide** is now available to view online.

Registrations are now open.

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 today!



[View the Summer Camps 2025 Program Guide Online](#)

Trainer Tips



Meet Lisa Carter - Trainer

Meet Lisa Carter, our Trainer Tips columnist and C.S.E.P. Certified Personal Trainer, who embodies community health and wellness. With her extensive fitness expertise and approachable demeanor,

Lisa is committed to enhancing the well-being of every fitness member.

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

How does Exercise affect my Mental health?

Fitness and exercise have a profound and well documented impact on mental health.

Below are a few of the ways in which they help.

- **Reduce stress** - physical activity lowers cortisol (stress hormone) levels and stimulates the production of endorphins, which improve mood and function as natural painkillers.
- **Improves Mood** - regular exercise is linked to reduced symptoms of depression and anxiety. it can lead to a more positive outlook and better emotional resilience.
- **Enhances Sleep** - exercise helps regulate sleep patterns, leading to deeper and more restful sleep, which is critical for mental well-being.
- **Boosts Brain Function**: physical activity improves blood flow to the brain, supporting memory, focus, and cognitive function. it may also help to prevent age-related cognitive decline.
- **Builds Self Esteem** - achieving fitness goals or simply sticking to a routine can increase confidence and a sense of control over your life.
- **Promotes Social Interaction**: group classes or gym sessions can help combat loneliness and foster a sense of



community.

- Mindfulness and Mental Clarity - activities like yoga, tai hik or ecen a walk in nature can promote a meditative state and reduce racing thoughts.

Email us your fitness questions.

Call for Interest: Fitness Equipment Replacement Focus Group Sessions

The Town of Aurora is committed to providing safe facilities and amenities to the public at the Club Aurora Fitness Centre. One of the ways this is done is through the fitness equipment asset management plan projection for the next 10 years. This plan is based primarily on the manufacturer's life cycle of each fitness equipment; however the scheduled replacement date may change based on factors such as health and safety concerns, its working condition, technological changes, and added preventative maintenance cost of equipment over time. The 2025 fitness equipment replacement project is funded through the Town's approved capital budget.

The priority for this project is to purchase fitness equipment that:

- Meets the majority of the diverse needs of the users (e.g., membership holders and drop-in participants), and is both relevant and up to date.
- Promotes the optimization of the limited physical space in the fitness centre.
- Supports individuals with all abilities and encourages participation in the fitness centre, especially those with a form of disability or with mobility issues.

In 2025, the Fitness Division is scheduled to replace the following 13 machines:

- 4 x Treadmills (cardio)
- 1 x ARC Trainer (cardio)
- 1 x Stair Climber (cardio)
- 1 x Back machine (strength)
- 1 x Abdominal machine (strength)
- 1 x Abductor/Adductor machine (strength)
- 1 x Seated mid row (strength)
- 1 x Atlantis cable machine (strength)
- 1 x Incline press machine (strength)
- 1 x Prone leg curl machine (strength)

We are inviting our Club Aurora members and participants to attend one of the focus group meetings to share their feedback and insights on the matter. The goal is to run interactive focus group sessions between June 17 and June 25, 2025, addressing key questions pertaining to the above fitness equipment items.

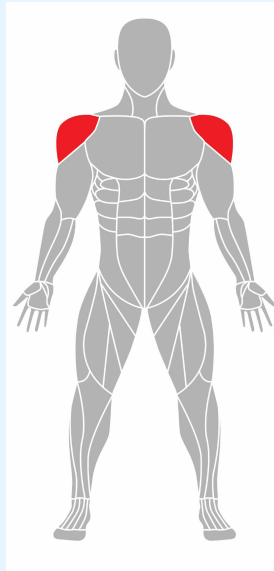
Date	Time	Location	Register
Tuesday, June 17	7 p.m. to 8 p.m.	Via Zoom	37176

Thursday, June 19	11 a.m. to 12 p.m.	A.F.L.C. Program Room B	37178
Sunday, June 22	11 a.m. to 12 p.m.	Via Zoom	37177

After the June focus group sessions, the Fitness Division will proceed with the next steps to procure fitness equipment with the anticipated installation date of Q1/2026.

For more inquiries about the focus group session or the project, please contact Adrian Wong at awong@aurora.ca.

Feature Exercise - Shoulder Press



Exercise Focus: Shoulder Press

The shoulder press machine (#10) aims to work the deltoid (shoulder) muscles, with a secondary focus on the triceps. The deltoid is responsible for movements such as arm abduction as well as stabilizing the shoulder joint, helping prevent dislocation.

Proper Technique:

1. Set the machine to the desired weight.
2. Adjust the seat height so that the handles are aligned with your shoulders.
3. Grab the outer handles, with the palms of your hands facing in front of you. Or grab the inner handles with the palms of your hands facing each other (neutral grip)
4. Ensure that your wrist remains flat with your forearm, do not flex the wrist.
5. Push and extend both of your arms upward, until reaching near full extension
6. Hold for a moment, before slowly returning to your starting position.
7. Repeat for your desired amount of repetitions.



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



Healthy Recipe of the Month

Maple-Roasted Chicken Thighs with Sweet Potato Wedges and Brussel Sprouts

Delight in this effortless sheet-pan recipe, bringing together all your favourite ingredients into a cozy, hearty dinner.

Ingredients

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted



Directions

1. Preheat oven to 425 degrees F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
2. Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
3. Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees F) and potatoes are tender. Serve topped with pecans and cranberries.

Visit the website for more delicious recipes.

Summer Group Fitness & Aquafitness Schedule

Looking for a fun and engaging way to stay fit?

The Town of Aurora invites you to join our dynamic drop-in Group Fitness and Aquafitness classes! Whether you're a beginner or a seasoned pro, we have something for everyone, all year round.

Plus, as a fitness member, you'll enjoy unlimited access to all our invigorating drop-in sessions.

Your fitness journey starts here!



Canada Day Holiday Schedule

Get ready for a fun-filled Canada Day!

We have exciting drop-in activities for everyone to enjoy. Check out the holiday schedules for all the details.

Please note that holiday schedules may differ from regular seasonal schedules.

We reserve the right to cancel, amend or change activities.



June 30 to July 2, 2025

Locations

- Aurora Family Leisure Complex (A.F.L.C.) - 135 Industrial Parkway North
- Aurora Town Square (A.T.S.) - 50 Victoria Street
- Stronach Aurora Recreation Complex (S.A.R.C.) - 1400 Wellington Street East

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](#)
-

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

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