

CLUB AURORA MEMBERSHIPS



Fitness Membership Price List

www.aurora.ca/fitnessmemberships

The Town of Aurora offers a variety of membership options for you to participate in our amenities including fitness centre, group fitness, aquafitness and squash. Participants have the option of purchasing a membership with a monthly payment plan, an annual membership with a one-time payment or pay-as-you-go per activity.

Inclusive Package

Includes Equipment & Weights Package, Group Fitness & Aquafitness Package & Squash Package.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Adult	\$45.00	\$56.25	\$495.00	\$618.75	\$9.05	\$72.70/10
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$6.97	\$55.74/10

Equipment & Weights Package

Includes unlimited use of fitness centre, personalized program card, fitness equipment demonstration.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$9.05	\$72.70/10
Youth / Older Adult	\$28.80	\$36.00	\$316.80	\$396.00	\$6.97	\$55.74/10

Group Fitness & Aquafitness Package

Includes unlimited use of group fitness and aquafitness classes (excluding specialty classes).

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$9.05	\$72.70/10
Youth / Older Adult	\$28.80	\$36.00	\$316.80	\$396.00	\$6.97	\$55.74/10

Squash Package

Includes unlimited use of the squash courts, no court fees, seven day advanced online registration for prime time and 2 nights (Mon and Wed) of house league.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	Prime	Non-Prime
Adult	\$41.00	\$51.25	\$451.00	\$563.75	\$10.87/1 \$86.94/10	\$6.24/1 \$49.92/10
Youth / Older Adult	\$32.80	\$41.00	\$360.80	\$451.00	\$8.70/1 \$69.55/10	\$4.99/1 \$39.94/10

Pool Package

Includes unlimited use of the pool during lane and leisure swims at both facilities.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Adult	\$23.00	\$28.75	\$253.00	\$316.25	\$5.00	\$40.00/10
Older Adult	\$18.40	\$23.00	\$202.40	\$253.00	\$3.85	\$30.78/10
Youth	\$18.40	\$23.00	\$202.40	\$253.00	\$3.12	\$24.96/10

Age Categories

Please refer to chart above for pricing per age category.

Youth – 12 to 17 years

Adult – 18+ years

Older Adult – 55+ years

Membership Refunds

All membership cancellation requests must be made in writing via email to Customer Service staff at rleisure@aurora.ca. Specific refund policies apply to both Monthly and Annual Memberships. Please visit www.aurora.ca/clubaurora for full details.

CLUB AURORA FITNESS CENTRE

FITNESS CENTRE – HOURS OF OPERATION

SPRING & SUMMER: Monday to Wednesday – 6:00am to 10:00pm • Thursday – 6:00am to 9:00pm
Friday – 6:00am to 9:00pm • Saturday & Sunday – 7:45am to 5:00pm

GROUP FITNESS CLASSES – SCHEDULES

SPRING: Group Fitness Schedule – March 16 to June 30, 2024

SUMMER: Group Fitness Schedule – July 1 to September 2, 2024

Group Fitness Class Schedules are available online at www.aurora.ca/fitnessclasses



N.I.A. – NEUROMUSCULAR INTEGRATIVE ACTION

N.I.A. encompasses the best of dance, martial arts, yoga and healing arts philosophies from the East and West.

OSTEO FITNESS

This class uses weight-bearing activities with light weight training to improve and maintain your bone density and fitness level.



AQUAFITNESS

Receive all the benefits of a floor aerobics class without the joint stress. Stay cool in the pool and cross-train with Aquafitness.

BOOMER ABC'S

This intermediate fitness class is for Baby Boomers (55+ years) who have been exercising regularly. The class includes muscle conditioning using free weights or body weight, abdominal and core strengthening, balance and stretching.



BOOT CAMP

This class will challenge you with a variety of conditioning exercises and drills to improve your strength, conditioning, agility and balance, as well as your overall fitness.



CARDIO DANCE

Get your groove on with Cardio Dance. This class offers a variety of dance styles and mini routines, that are easy to follow with lots of options. Work at your own intensity but most of all just have fun.

CARDIO SIZZLE & CHISEL

A combination class of cardio activities and muscle conditioning exercises that will put a sizzle in your workout and help improve your strength and definition.

CHISEL

A total body muscle conditioning class that will work your body from head to toe using a variety of equipment.

MUSCLE FUSION

A fun dynamic class that combines, strength, agility, balance and core exercises to improve your functional fitness.

P90X

This class is a training system which highlights the principle of “muscle confusion” and complex moves (combining muscle groups). Choreographed to music, moves are timed so that participants can do as many repetitions of the move as they are capable, working at their own pace with the fun of being in a group.

PIYO®

This is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm.

RIP

This barbell program is for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.



SUNRISE YOGA

Start your day off right with a good stretch and a calm mind. Gradually warm the body and awaken the mind in this energizing class. Designed with Hatha Yoga principles, this class is suitable for all fitness levels. Sunrise Yoga will give you energy and focus to last throughout your day.

YOGA FITNESS

Yoga Fitness is a fitness inspired yoga program designed to improve health, performance and mental acuity. Based on the fusion of eastern traditional Hatha Yoga and western fitness science, this class blends balance, strength, flexibility and power in a fitness format.



Classes bearing this symbol are Heart Wise Exercise® approved programs.

CLUB AURORA GROUP FITNESS CLASSES

YOGA FUSION

If you are feeling stressed or overwhelmed, and want to build mental strength and bring calmness to your day, start your morning with our Yoga Fusion class. This class will lift your mood, help you to get into better shape and improve your well-being by reducing stress and anxiety, developing more mindfulness and promoting better sleep. Fluid conscious movements, breathing exercises, physical relaxation and guided meditation will help you find more peace and focus in just a few minutes, restoring your energy for the rest of the day.

YOGA STRETCH

Improve your overall flexibility, relieve the day's stress and feel relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Iyengar or Vinyasa principles.



ZUMBA® FITNESS

This class fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic work out that will blow you away.



FITNESS INCLUSION SERVICES

Arthritis Aquafit: Club Aurora offers a 45-minute specialty class for people who suffer from arthritis. The objectives of these recreational exercises are to reduce pain, help maintain or increase joint mobility, and increase muscular strength and endurance.

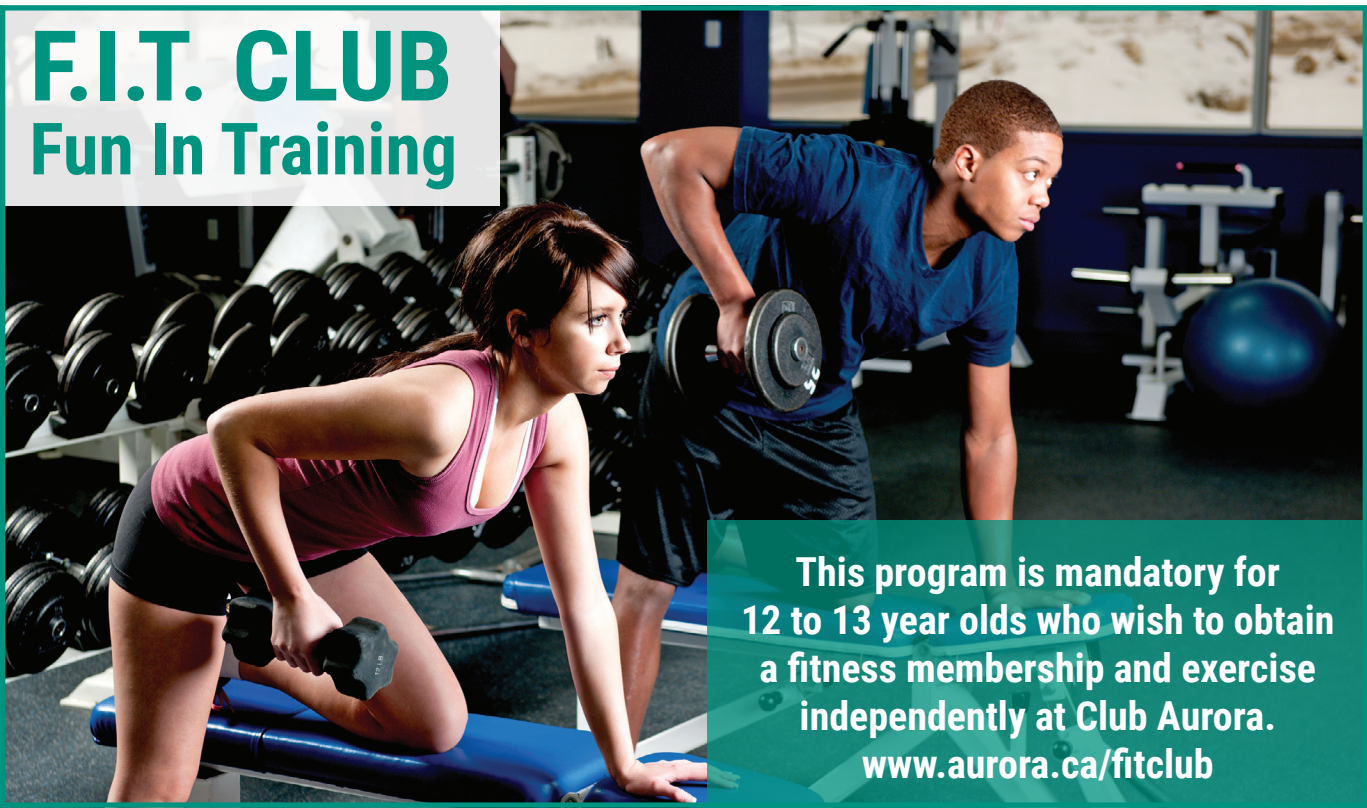
Heart Wise Exercise: This initiative is intended to integrate the cardiac population into mainstream programs. This is done by addressing physical and psychological needs. It provides exercise options to help participants choose appropriate programs and levels of intensities, while encouraging participants to do daily physical activities.

fitness@aurora.ca

CLUB AURORA FITNESS CENTRE

Club Aurora's fitness facility is located at the Aurora Family Leisure Complex. For the most up-to-date information regarding our programs and services, please visit www.aurora.ca/clubaurora

F.I.T. CLUB Fun In Training



This program is mandatory for 12 to 13 year olds who wish to obtain a fitness membership and exercise independently at Club Aurora. www.aurora.ca/fitclub

FITNESS REGISTERED PROGRAMS



ARTHRITIS AQUAFIT

Age: 18+ years

Location: AFLC Desjardins Pool

This 45-minute specialty class is for people who suffer from arthritis. The objectives of the recreational exercises are to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Apr 4	1:55pm – 2:40pm	\$78.00/12 Older Adult \$93.60/12 Adult	30438

PILATES

Age: 14+ years

**Location: *AFLC Lind Realty Team Fitness Studio
^AFLC The Loft**

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Mar 28	7:30pm – 8:30pm	\$108.00/12 Member \$129.60/12 Non-Member	31947^
Mon	Apr 1	1:30pm – 2:30pm	\$108.00/12 Member \$129.60/12 Non-Member	30441*
Wed	Apr 3	7:30pm – 8:30pm	\$108.00/12 Member \$129.60/12 Non-Member	30440*

SILVER SPINNERS CYCLEFIT

Age: 55+ years

Location: AFLC Cyclefit Studio

This 30-minute beginner cycling class provides a gentle yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 2	10:30am – 11:00am	FREE/12 Member \$72.00/12 Non-Member	30442

STRICTLY BEGINNER CYCLEFIT

Age: 14+ years

Location: AFLC Cyclefit Studio

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Apr 3	10:00am – 10:45am	FREE/12 Member \$87.00/12 Non-Member	30443

YOGA

Age: 14+ years

Location: Aurora Town Square

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improves circulation and reduces stress. Fitness mats are provided, however please feel free to bring your own yoga mat if you wish.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 2	7:00pm – 8:00pm	\$150.00/12 Member \$180.00/12 Non-Member	30444
Thu	Apr 4	7:00pm – 8:00pm	\$150.00/12 Member \$180.00/12 Non-Member	30445
Tue	July 2	7:00pm – 8:00pm	\$100.00/8 Member \$120.00/8 Non-Member	31905



FITNESS REGISTERED PROGRAMS

ZUMBA TONING

Age: 14+ years

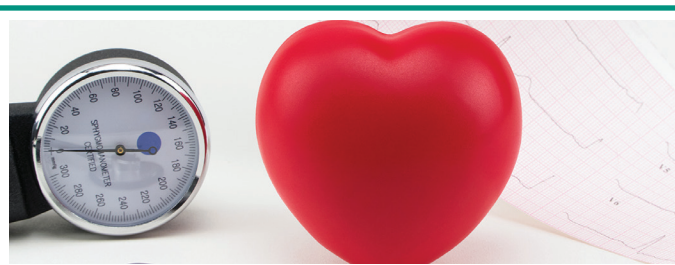
Location: AFLC Lind Realty Team Fitness Studio

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba “fitness party” with the benefits of safe and effective strength training. It’s an easy-to-follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Apr 2	10:20am - 11:05am	FREE/12 Member	30446
			\$87.00/12 Non-Member	

AGE REQUIREMENTS

For Fitness programs, participants must be the minimum age by the first day of the program.



CLUB AURORA WELLNESS SERIES

Featuring health and wellness topics!

FUN GUIDED HIKES

Age: 18+ years

Location: *Sheppard’s Bush

^Hadley Grange

~Willow Farm Lane

These walks are designed to encourage families to get active, while enjoying York Region’s finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Apr 21	9:00am - 10:15am	\$5.00/1	30447*
Sat	May 18	9:00am - 10:15am	\$5.00/1	30448^
Sun	June 9	9:00am - 10:15am	\$5.00/1	30521~
Sat	July 13	9:00am - 10:15am	\$5.00/1	30522*
Sun	Aug 11	9:00am - 10:15am	\$5.00/1	30523~

PILATES

Age: 14+ years

Location: Lind Realty Team Fitness Studio

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Mar 26	1:30pm - 2:30pm	\$9.00/1	30449

THE CHARTWELL WALKING INDOOR TRACK

Rain or shine, stay active indoors!



Club Aurora features a 90-metre indoor track with a rubberized sports surface. The track is free for all users and is open during facility operating hours.

www.aurora.ca/clubaurora

LEARN TO PLAY SQUASH Age: 8+ years • Levels: Beginner, Intermediate & Advanced • Location: AFLC Squash Courts 1, 2, 3, 4

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment, with players partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

WOMEN'S LEARN TO PLAY SQUASH Age: 18+ years • Level: Beginner • Location: AFLC Squash Courts 1, 2, 3, 4

This program is an introductory program that emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants who are new to the sport. Participants will be partnered with others of similar ability.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Beginner – Session 1	Thu Mar 28 to May 9	5:30pm – 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30450
Beginner – Session 2	Thu May 16 to June 27	5:30pm – 6:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30451
Intermediate – Session 1	Thu Mar 28 to May 9	6:30pm – 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30452
Intermediate – Session 2	Thu May 16 to June 27	6:30pm – 7:30pm	\$73.50/7 Member \$88.20/7 Non-Member	30453
Advanced – Session 1	Sat Apr 6 to May 11	9:30am – 11:00am	\$90.00/6 Member \$108.00/6 Non-Member	30454
Advanced – Session 2	Sat May 25 to June 22	9:30am – 11:00am	\$75.00/5 Member \$90.00/5 Non-Member	30455
Beginner for Women – Session 1	Sun Apr 7 to May 12	9:00am – 10:30am	\$90.00/6 Member \$108.00/6 Non-Member	30456
Beginner for Women – Session 2	Sun May 26 to June 23	9:00am – 10:30am	\$75.00/5 Member \$90.00/5 Non-Member	30457
Beginner	Thu July 4 to Aug 22	5:30pm – 6:30pm	\$94.50/8 Member \$113.40/8 Non-Member	30458
Intermediate	Thu July 4 to Aug 22	6:30pm – 7:30pm	\$94.50/8 Member \$113.40/8 Non-Member	30459
Advanced	Sat July 6 to Aug 24	9:30am – 11:00am *No class on: Aug 3	\$105.00/7 Member \$126.00/7 Non-Member	30460*
Beginner for Women	Sun July 7 to Aug 25	9:00am – 10:30am *No class on: Aug 4	\$105.00/7 Member \$126.00/7 Non-Member	30461*

HOUSE LEAGUE Age: 14+ years • Levels: Beginner, Intermediate & Advanced • Location: AFLC Squash Courts 1, 2, 3, 4

This is a mixed team's event, open to all levels of play. The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm.

ROUND ROBIN Age: 14+ years • Levels: Beginner, Intermediate & Advanced • Location: AFLC Squash Courts 1, 2, 3, 4

A fun, social, non-competitive opportunity to play squash games with players at all levels. A great opportunity for players to work on their game, help others improve or just get in a great workout.

NOTE: Members are entitled to seven-day advanced registration for prime time and entitled to sign-up for two free nights (Mon and Wed) of house league. Members must pay applicable \$43.28 fee for round robin play.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon Apr 1 to June 24	5:40pm – 9:40pm *No class on: May 20	FREE/12 Member \$118.16/12 Non-Member	30524*
Squash House League	Wed Apr 3 to June 26	5:40pm – 9:40pm	FREE/13 Member \$124.40/13 Non-Member	30525
Round Robin	Fri Apr 5 to June 28	6:00pm – 8:00pm *No class on: May 17	\$43.28/12 Member \$118.16/12 Non-Member	30526*
Squash House League	Mon July 8 to Aug 26	5:40pm – 9:40pm *No class on: Aug 5	FREE/7 Member \$86.96/7 Non-Member	30462*
Squash House League	Wed July 3 to Aug 28	5:40pm – 9:40pm	FREE/9 Member \$99.44/9 Non-Member	30463
Round Robin	Fri July 5 to Aug 30	6:00pm – 8:00pm *No class on: Aug 2	\$43.28/8 Member \$93.20/8 Non-Member	30464*

GET FIT at CLUB AURORA

Let us help you achieve your fitness goals!

A personal trainer is a certified fitness professional. Personal trainers specialize in the design and instruction of individualized exercise programs. They work with you in setting, achieving and maintaining your health, lifestyle and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All of our staff members are fully certified by nationally accredited organizations.



www.aurora.ca/personaltraining

PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$72.64	\$90.80
3 Session Package*	\$170.04	\$212.55
5 Session Package	\$296.76	\$370.95
10 Session Package	\$562.43	\$703.04
20 Session Package	\$1,103.91	\$1,379.89
SEMI-PRIVATE PERSONAL TRAINING [^]	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$55.02	\$68.77
3 Session Package*	\$127.66	\$159.57
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.62

*3 Session package is a one-time only offer. | [^]Semi-Private Personal Training fees are per person.