

July 2024

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HOLIDAY SCHEDULES & CANADA DAY WEEKEND FESTIVITIES

Have fun over the holidays! We have programs and activities for everyone to enjoy.

Visit our [Holiday Schedules](#) webpage for a list of programs and drop-in activities scheduled over the holiday weekend.

Visit our [Canada Day](#) webpage for full details on all events and activities scheduled during the Canada Day Festivities on June 30 and July 1.

CANADA DAY HOLIDAY WEEKEND
Saturday, June 29 to Monday, July 1



WHEN TO REPLACE YOUR RUNNING SHOES

By Wilson Ly, Fitness Assistant

Monitoring your running shoes can be one of the easiest ways to prevent an injury and maximize your running.

A lot of shoes today are made extra soft and cushiony, which can be good for many things such as shock absorption and less impact on the body. However, usually these more cushiony shoes have a shorter life span. Due to the softness of the materials used, generally shoes will last between 300 to 400 miles. Keep in mind that non-running activities can also affect how long running shoes last. For example, walking in the store and cutting the lawn can affect the life span of running shoes.

Here are some signs that your running shoes need to be replaced.

- The upper is separating from the base.
- Running shoe support is fading, deflated, or lopsided.
- There are holes forming in the upper mesh of the shoe.
- The initial grippy tread is starting to fade.
- The design or pattern of the outsole begins to disappear.

Keep your training on track and avoid potential injuries by replacing your shoes in a timely manner.



Sources Used in this Article:

1. [When to Replace Your Running Shoes – Craft Sports Canada](#)
2. [Running Shoe Guide – Craft Sports Canada](#)
3. [How-often-need-replace-running-shoes](#)

SPRING & SUMMER 2024 PROGRAM GUIDE SUMMER CAMPS 2024 PROGRAM GUIDE

Our newest program guides are now available to view online.

Please visit our [Program Guide](#) webpage for the Spring & Summer 2024 Program Guide.

Please visit our [Summer Camps](#) webpage for the Summer Camps 2024 Program Guide.

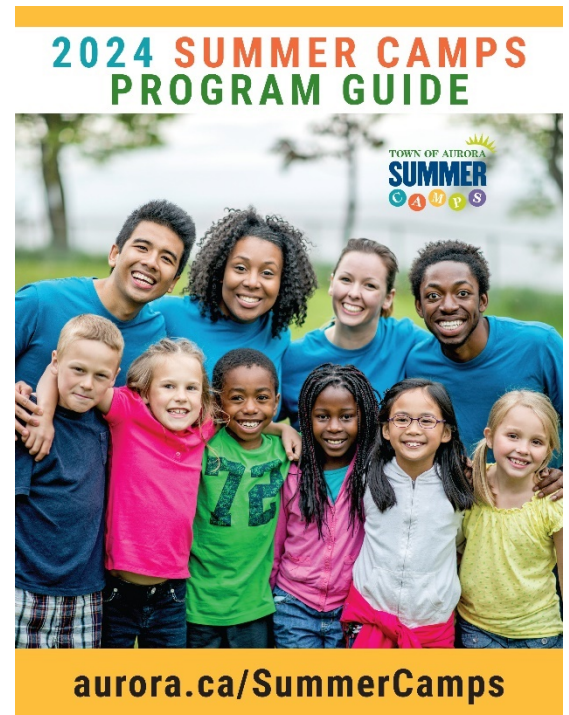
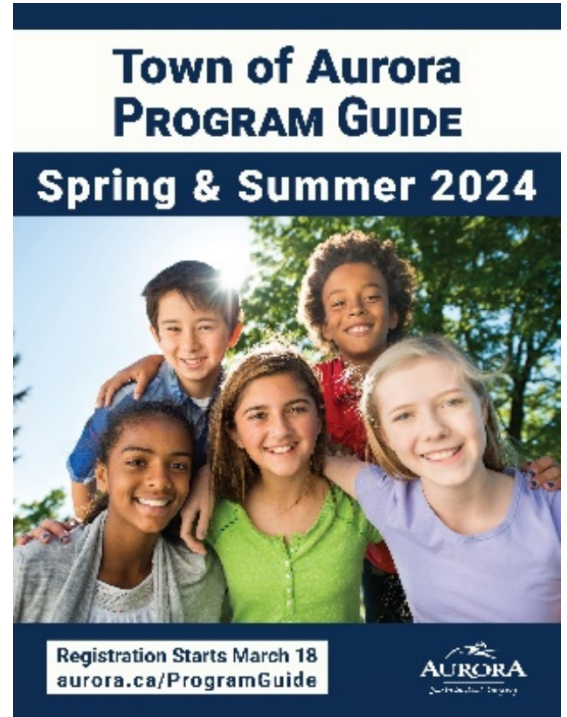
View the interactive guide and click on the code # to register online. Pay in-person at the A.F.L.C. or S.A.R.C.

Recreation Programs – Spring & Summer	
Residents	Non-Residents
March 18	March 25

Summer Camps Programs – Summer	
Residents	Non-Residents
March 18	March 25

Aquatic Learn to Swim Programs – Spring	
Residents	Non-Residents
March 20	March 27

Aquatic Learn to Swim Programs – Summer	
Residents	Non-Residents
June 12	June 19



SUMMER FITNESS REGISTERED PROGRAMS

YOGA

Age: 14+ years

Location: Aurora Town Square
Program Room #2

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, improve circulation and reduce stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	July 2	7:00pm	\$100.00/8 Member	31905
			\$120.00/8 Non-Member	

PILATES

Age: 14+ years

Location: AFLC 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.

*No Class August 5

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	July 8	7:30pm	\$63.00/7 Member	32934*
			\$75.60/7 Non-Member	
Tue	July 9	1:30pm	\$72.00/8 Members	32938
			\$96.40/8 Non-Members	
Wed	July 10	1:30pm	\$72.00/8 Members	32939
			\$96.40/8 Non-Members	

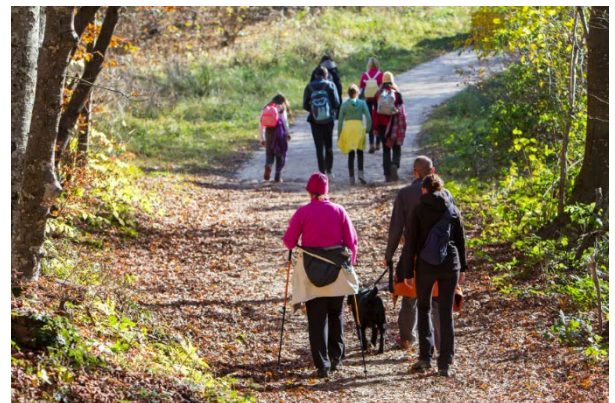
GUIDED HIKES

Age: 18+ yrs

Location: *Shepherds Bush
^ Willow Farm

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
Sat	July 13	9:00am	\$5.00/1	30522*
Sun	Aug 11	9:00am	\$5.00/1	30523^

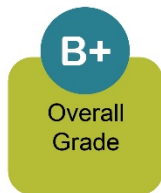
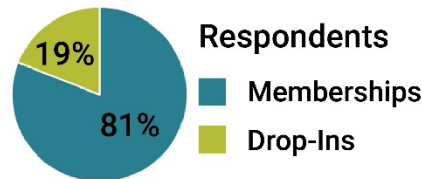
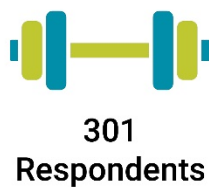


CLUB AURORA CUSTOMER SATISFACTION SURVEY RESULT

SURVEY RESULTS

2024 Fitness Customer Satisfaction

In March 2024, the Community Services department conducted a fitness customer satisfaction survey via online link. We are pleased to share with you some of the highlights of our findings and next steps.



Fitness Customer Feedback

The group fitness online booking system for members is not user friendly.
The Fitness and Business Support Divisions will review the online booking system for group fitness classes and provide recommendations for continuous improvement.

Group fitness participants are frustrated with the current check-in process (for example: long line-ups, traffic flow in the community centre).

The Fitness and Business Support Divisions will review the group fitness check-in process and make changes for continuous improvement.

More resources are needed to meet the needs of fitness members and participants (for example: more facility spaces and classes, increased hours of operations).

The Fitness Division will continuously work to increase resources (for example: staffing, facility spaces, hours of operations, equipment) to meet customer needs.


There are program and service disruptions due to staffing challenges.

The Fitness Division will implement new recruitment strategies and initiatives to support Fitness programs and services to meet customer needs.

Facility change room cleanliness and upkeep is low.

The Facilities Management Division will complete more frequent checks in high traffic areas and implement new processes to promote facility cleanliness during the day.

The Town of Aurora and Club Aurora thank you for your feedback!



Summer Blueberry Salad with Toasted Pecans and Feta

Total Time: 5 mins * Makes 4 servings * Serving Size: 1 ½ cups



This fresh blueberry salad is perfect for a backyard cookout or poolside party. Pair it with grilled chicken, pork chops or fish; or serve it up with a smorgasbord of classic summer sides such as potato salad and coleslaw. The blueberries are the stars here, so select the best ones you can find.



Look for ripe blueberries that have a dark blue color and a juicy "pop" when eaten. If you can't find fresh blueberries, you can substitute frozen ones in a pinch. Simply thaw the blueberries under room temperature water, then pat dry with paper towels.

Ingredients

- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons extra-virgin olive oil
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 4 cups spinach and arugula salad mix
- 1 cup fresh blueberries (about 1/2 pint)
- ⅓ cup chopped toasted pecans
- ⅓ cup crumbled feta cheese

Preparation

- In a large bowl, whisk together lemon juice, balsamic, olive oil, salt and pepper.
- Add spinach and arugula salad mix, blueberries, pecans and feta cheese, tossing gently to combine.

TIPS

Toast the pecans in a 400°F oven until slightly browned and fragrant, about 5 to 7 minutes.

Nutrition Facts: Calories 190; Total Carbohydrate 10g; Dietary Fiber 3g; Total Sugars 5g; Protein 4g; Total Fat 15g; Saturated Fat 3g

EXERCISE TECHNIQUES

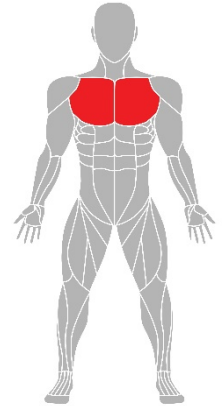
CHEST FLY - Beginner

Target Body Part

Equipment Required

Chest Fly

Pec Fly Machine #9



1. Select an appropriate weight for the exercise.
2. Adjust each arm by pulling down on the adjustment pins. There are 5 possible positions marked 1 to 5. Ensure that both sides are placed at the same position number.
3. Adjust the seat so that the hand grips are positioned at chest height. Keep your feet flat on the floor. Seat positions range from 1 to 9 to allow variations in height.
4. Firmly grasp the neutral handgrips.
5. Contract the chest muscle as you bring both handgrips in a semi-circular arc towards the mid-line of your body, bringing both handgrips together.
6. Slowly release each arm back to the starting position and repeat the exercise until you have completed the desired number of repetitions.

Note that each articular arm should mirror each other throughout the exercise to ensure proper symmetry

Aim to perform 12 to 15 repetitions and 1 to 3 sets.



**If you are unsure how to perform any exercise correctly,
please ask the fitness staff for assistance.**

SQUASH SUMMER PROGRAMS

HOUSE LEAGUE – SUMMER 2024 - Age: 14+ years

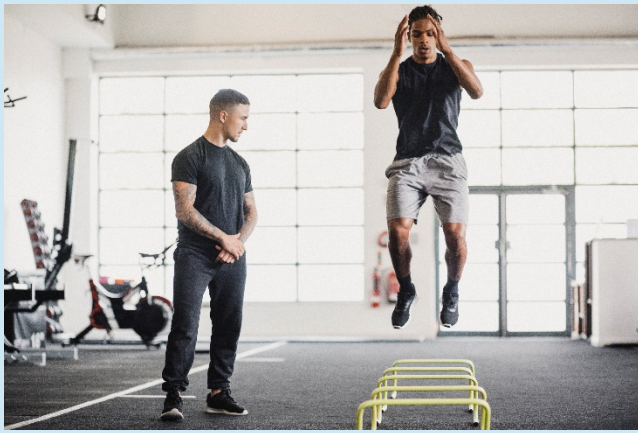
This is a mixed team’s event, open to all levels of play.

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. Note: Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league and must pay the applicable \$43.28 fee for a third night.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
House League	Mon July 8 to August 26 *No class August 5	5:40pm to 9:40pm	FREE/7 Member \$86.96/7 Non-Member	* 30462
House League	Wed July 3 to August 28	5:40pm to 9:40pm	FREE/9 Member \$99.44/9 Non-Member	30463
Round Robin	Fri July 5 to August 30 *No class August 2	6pm to 8pm	\$43.28/8 Member \$93.20/8 Non-Member	* 30464



PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options.

For more information, please email fitness@aurora.ca.

ABOUT OUR EXPERT STAFF

Our professional trainers have the skills you need to be successful. Each trainer has a background and education suited to a variety of fitness needs. All staff members are fully certified by nationally accredited organizations. Check out our PT Board in the fitness centre for available trainers.

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	\$68.78
3 Session Package*	\$127.66	\$159.58
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.63

* 3 Session package is a one-time only offer.

[^] Semi-Private Personal Training fees are per person.

PERSONAL TRAINING STAFF

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 our staff members are fully certified by nationally accredited organizations.

Below is information on one of our trainers who can help you achieve your health and fitness goals. Please email [Club Aurora](#) if you would like additional information on our Personal Training program.



💬 After working for more than 20 years in the corporate world, I discovered that living an active and healthy lifestyle proved invaluable. Not only did it enable me to sustain high energy levels, but it also sharpened my mental focus, benefiting my performance at work.

I looked forward to my workouts and a healthy meal after the demands of the workday. Today, my focus lies in assisting others to experience the many rewards that come from adopting an active and healthy lifestyle.

~ Michael

FORMAL EDUCATION

- Seneca College Liberal Arts & General Studies

PROFESSIONAL CERTIFICATIONS

- Canadian Fitness Professionals (CanFitPro) Personal Trainer Specialist
- Standard First Aid & CPR/AED

TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

HOW OFTEN SHOULD I BE WORKING OUT EACH WEEK?

If you are a beginner, it is best to start out with 2 to 3 days a week. You will need ample recovery time as your muscles adjust to the challenges being placed upon them.

Once you progress, you can choose to continue completing 2 to 3 days a week of strength training and supplementing the days in between with cardiovascular exercise, such as jogging or biking. This type of fitness schedule would be ideal for a general fitness program.

If you have a more advanced goal in mind, such as bodybuilding or specific sports training, then your variables would change.

As a bodybuilder in training, you will be spending 5 to 6 days in the gym, focusing on pure strength training with minimal cardio. If you are training for a sport, you will be splitting 5 to 6 days between the gym and sporting practice.



Regardless of your goals, be sure to allow yourself 1 to 2 rest days per week to avoid over-training and potential injury.

**If you have any fitness questions,
please ask the fitness staff or email us at fitness@aurora.ca.**

CLUB AURORA FITNESS STAFF

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General Squash Inquiries
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Let us help you achieve your health and fitness goals!

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.



PRESENTS

AURORA'S 2024

CONCERTS IN THE PARK

SUMMER CONCERT SERIES

Aurora Town Park
49 Wells Street
7 p.m. to 9 p.m.



Premium Concert Experience

Every food donation for the Aurora Food Pantry enters you to win a concert prize package.

Concerts are free

Licensed beverages and food options available for purchase on-site. For your seating comfort, please bring your own lawn chairs.

aurora.ca/SummerConcerts
[#AuroraConcerts](https://twitter.com/AuroraConcerts)

JULY 3 • LEAH DANIELS

Grab your boots and let's dance as we kick off the summer concert series with one of Canada's country sweethearts, Leah Daniels. Fresh from CMT Fest and Boots & Hearts, Leah brings her country energy and heartfelt lyrics to Town Park.

JULY 10 • GRAND EVOLUTION - A TRIBUTE TO STYX & JOURNEY

This powerhouse group of musicians united by their love for the legendary sounds of rock giants STYX and JOURNEY.

JULY 17 • HOTEL CALIFORNIA - A TRIBUTE TO THE EAGLES

For over 30 years, they've captivated audiences with their masterful tribute to The Eagles' music. Boasting over a century of combined professional experience, they continue to dazzle and resonate with fans.

JULY 24 • THE BERESFORDS - PERFORMING TAYLOR SWIFT

To all the Swifties, don't miss this incredible concert night. The Beresfords bring the incredible music of Taylor Swift to life.

JULY 31 • BERNADETTE CONNORS

Bernadette's authentic style defies industry norms, showcasing her dynamic vocals and heartfelt lyrics. Her album "Monarch," produced by John-Angus MacDonald of The Trews, captures the essence of small-town community spirit.

AUGUST 7 • MATERIAL GIRLS

Material Girls delivers stunning tributes to Lady Gaga, Adele, Madonna, Blondie, Shania, Ann Wilson & Cher in one mesmerizing concert. With spot on vocals and uncanny looks, they embody these mega stars.

AUGUST 14 • PEARL JAMMING - TRIBUTE TO PEARL JAM

Pearl Jamming is the ultimate Pearl Jam Tribute, unmatched in authenticity and live show mimicry. Pearl Jam, a leading band from the '90s, outselling and outlasting many, remains influential.

AUGUST 21 • FANDANGO - TRIBUTE TO ZZ TOP

Fandango pays homage to ZZ Top, celebrating their powerhouse legacy. More than a concert, Fandango promises an unforgettable night of "Texas boogie," nostalgia, and timeless rock.

AUGUST 28 • ABBAMANIA - TRIBUTE TO ABBA

Abbomania is the world's number one production of Abba. With amazing vocals, look and authentic costumes, Abbomania matches every song note for note, exactly as the original recordings. Don't miss this season's finale night.

Inclement Weather? Please call the 24-hour special events line at 905-726-4762.

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

Event Sponsors

