

April 2025

Hybrid Fitness: The Ultimate Workout Experience

Discover the Ultimate Flexibility with Club Aurora's Hybrid Group Fitness Classes!

Get ready to elevate your fitness journey with our hybrid group classes, tailored to fit your busy lifestyle. Whether you prefer sweating it out in person or joining us virtually, we've got the perfect setup for you!



Key Details:

- Virtual Participation: Secure your spot by signing up as usual.
- Registration Deadline: Make sure to register by 12 p.m. each day.
- Zoom Access: Your registration receipt will include the Zoom link.
- Exclusive Access: Only registered members can join the virtual class.
- Punctuality: No admissions after 12:15 p.m.

Join us and experience the best of both worlds—fitness that fits your schedule and your location! Let's get moving and make every workout count!

[View the Spring Group Fitness Class Schedule for all the virtual options.](#)

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

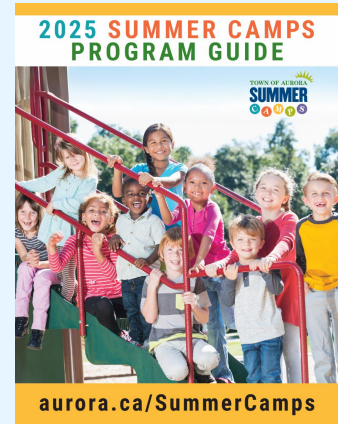
Summer Camps are coming to Aurora!

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](#)

S.A.R.C. Desjardins Gym Opening



S.A.R.C. Desjardins Gym OPENING

Saturday, April 5, 2025

10 a.m. to 5 p.m.

S.A.R.C. Desjardins Gym,
1400 Wellington Street East



FREE ACTIVITIES

Ribbon & Cake Cutting

Mosaic Tile Painting • Leisure Swim

Drop-in Sport Activities • Kids Crafts

Community Partner Zone

And More....

aurora.ca/SARCGym



Trainer Tips

Is Cardio the Best Way to Lose Weight?

Cardio alone is not the most effective method for weight loss because it does not address several important factors that influence long-



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.

term fat loss and metabolism.

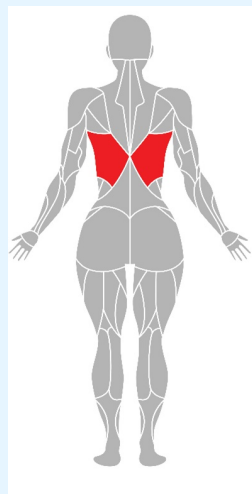
When you lose weight, some of that loss can come from muscle. Strength training helps preserve and build muscle, which keeps your metabolism higher. More muscle means a higher resting metabolic rate, allowing you to burn more calories even when at rest.

The calorie burn from cardio occurs only while you are performing the exercise. Over time, your body adapts to steady-state cardio, resulting in fewer calories burned for the same workout. In contrast, strength training continues to burn calories for hours after your workout.

While cardio can be a useful tool, it is not the most efficient or sustainable way to lose weight. Combining cardio with strength training and a balanced diet is a more effective approach for long-term weight loss and overall health.

Email us your fitness questions.

Feature Exercise - Lat Pulldown



Exercise Focus:

The lat pulldown machine (#13) aims primarily to work the latissimus dorsi muscle. This large muscle located on your back is responsible for the adduction and extension of the arm.

Proper Technique:

1. Begin by sitting down on the bench, facing the bar
2. Adjust the knee pad so it rests firmly against your knee.
3. Ensure your knees are at a 90-degree angle.
4. Reach up and grab the bar, ensuring that your grip is



slightly wider than shoulder width and that you use a pronated grip (palms facing away from you) when grabbing the bar.

5. Bring the bar down to just below your collar bone.
6. As you bring the bar down, pull your elbows downward and your shoulders down and squeeze them together.
7. Return to starting position.
8. Complete the desired number of repetitions.

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

Your Opinion Matters!



Share Your Feedback on Our Fitness Equipment

We're excited to announce that we're upgrading our strength conditioning machines this year! We value your opinion and would love to hear your thoughts on what you like and dislike about the current equipment. Your feedback will help us make the best choices for everyone!

From March 31 to April 11, 2025, keep an eye out for signs on these machines asking for your thoughts. Let us know what you love and what you'd like to see improved. Your feedback helps us create the best fitness experience possible!

Healthy Recipe of the Month

Creamy Garlic Skillet Chicken with Spinach

Creamy Garlic Skillet Chicken with Spinach is a quick and easy one-skillet recipe. Chicken cutlets are sautéed in extra-virgin olive oil and coated in a garlic cream sauce with spinach for added color and nutrition. Ready in just 20 minutes, this dish combines protein-packed chicken with inflammation-fighting garlic and

spinach in a rich white wine cream sauce. Customize it to suit your taste preferences!

Ingredients

- 1 pound chicken cutlets
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, grated
- ½ cup dry white wine
- 2 cups coarsely chopped fresh spinach
- ½ cup heavy cream



Directions

1. Sprinkle 1 pound of chicken cutlets with 1/4 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes. Transfer to a plate.
2. Add 3 cloves garlic to the pan and cook, stirring, for 30 seconds. Increase heat to medium-high and add 1/2 cup wine. Cook until slightly reduced, about 1 minute. Return heat to medium and stir in 2 cups spinach, 1/2 cup cream and the remaining 1/4 teaspoon each salt and pepper. Simmer for 2 minutes.
3. Return the chicken to the pan and turn to coat with the sauce.

[Visit the website for more delicious recipes](#)

Join us at Easterpalooza

AURORA'S EASTERPALOOZA!



**Saturday
April 19, 2025
9:30 a.m. - 12:30 p.m.**

Face painting, egg fishing, egg toss, story walk and more!

Take your photo with the Easter bunny!

Activity and treat bags for those 12 years of age & younger.

**Aurora Seniors' Centre (90 John West Way)
Wristbands are \$5/each**

and must be purchased in advance at Town facilities (except the Aurora Community Centre).

aurora.ca/Easter

#EASTERPALOOZA
905-726-4762

Please note, we reserve the right to cancel, amend or change activities.



Adult Aquatic Career Training (A.C.T.)

A.C.T. is an aquatic program that includes Bronze Medallion, Bronze Cross, Standard First Aid and National lifeguard certification, as well as a 3-month membership, to assist in getting

adults back into the pool.

Upon completion, candidates will be offered an interview to explore the option of working for the Town's Aquatic Division. Priority of spots will be given to Aurora residents.



For questions, email Terri Edwards.

Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We understand that life can bring unexpected challenges. If you're unable to attend your scheduled land or virtual fitness class, please let us know.

By informing us of any last-minute changes or unforeseen conflicts, you allow us to offer your spot to another enthusiastic participant, ensuring everyone has the chance to stay active.



Cancel your group fitness class registration by using one of these options:

- 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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