

January 2025

## New Year Reminders for Fitness Centre Etiquette

As we enter the new year, many are making health-focused resolutions, which means Club Aurora will be busier. Here are a few reminders to help maintain a clean, safe, and enjoyable environment:

**Indoor Shoes Required:** Snow, salt, and slush can make a mess, so please change into clean indoor shoes before entering the fitness centre. Mats and chairs are available for your convenience.

**Cell Phone Etiquette:**

- Respect others' privacy and avoid distractions while using equipment.
- No phone use in washrooms, change rooms, or locker rooms.
- Keep phone use discreet to avoid disrupting others.

**Appropriate Attire:** Wear non-restrictive fitness clothing and indoor athletic shoes.

**Cardio Machine Use:** Follow the sign-up process for fair access to equipment.

**Clean Equipment:** Wipe down all machines after use.

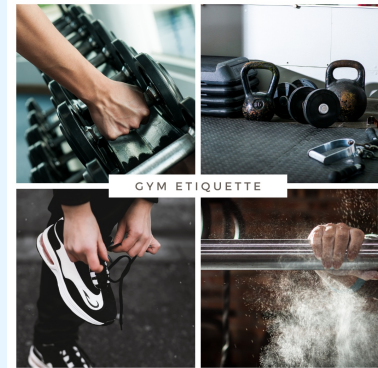
**Chalk:** Gym chalk is not permitted in the fitness centre.

**Free Weight Use:** Handle weights safely, re-rack them, and clean up afterward.

**Noise Control:** Keep noise levels appropriate.

**Scent-Free Policy:** Please refrain from wearing perfumes or cologne.

Questions? Reach out to our fitness staff. Thank you for helping keep Club Aurora welcoming for everyone!



## Holiday Schedule

Enjoy family fun drop-in activities over the holidays, including swimming, skating, gym, and fitness classes! Activities are hosted at the Aurora Family Leisure Complex (AFLC) and the Stronach Aurora Recreation Complex (SARC). Check schedules for details.

December 21, 2024, to January 5, 2025



Learn more on the Town's Holiday Schedules  
webpage

# Winter 2025 Program Guide

Our newest Winter 2025 Program Guide is now available to view online. 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.

Our Fitness Registered Program begins the week of January 6, 2025.

Don't delay. Register online today at [aurora.ca/ePLAY](http://aurora.ca/ePLAY).



[View the Winter 2025 Program Guide](#)

## Celebrating Club Aurora Members



In the past, we've celebrated Club Aurora members by featuring a 'Member of the Month' in our newsletters. Now, we're excited to bring back this tradition—with a fresh twist!

Have you recently overcome a health challenge or barrier to stay active? Shown unwavering dedication to your fitness program and seen results? Reached a meaningful goal since you began your fitness journey?

If so, we'd love to hear your story and share it with our community! Your journey can inspire and motivate others.

Please connect with the fitness staff if you're interested in being featured.

[Contact us by email and tell us your story!](#)

## Trainer Tips



Meet Lisa Carter - Trainer



What type of training should I do to lose weight?

Meet Lisa Carter, our *Trainer Tips* columnist, fitness staff member, and a C.S.E.P. Certified Personal Trainer who truly embodies community health and wellness!

With her extensive fitness expertise and approachable demeanor, Lisa isn't just here to get you in shape—she's committed to enhancing the well-being of every fitness member.

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

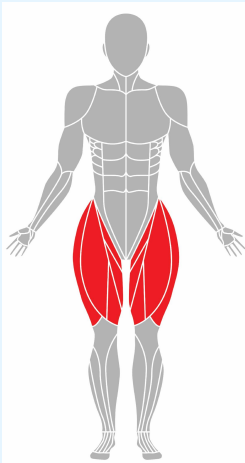
When it comes to losing weight, you need a combination of weight/resistant training and cardiovascular exercise. Many people make the error of performing too much cardio and neglect weight lifting, thinking that only treadmills, stationary bikes and step mills are responsible for burning fat. This is far from true.

While cardio will certainly help you to burn extra calories, it's weight training that is going to stimulate the metabolism, (so that you become a fat burning machine) change the composition of your body, and bring about the shape and contours you most desire.

I suggest at least 2 to 3 days per week of lifting weights and 4 to 5 day a week of performing cardio - anytime that works for you!

Email us your fitness questions.

## Feature Exercise - Leg Extension



### Exercise Focus:

The leg extension machine is a great way to target the large quadricep muscle group, highlighted in red. This group of 4 muscles include the rectus femoris, the vastus lateralis, intermedius and medialis. This group of muscles play an important role in day-to-day physical activity, such as running, walking as well as stabilizing the knee joint.

### Proper Technique:

1. Select an appropriate weight.
2. Adjust the backrest so that the back of your knee is against the base of the seat and your knees rest at a 90-degree angle.
3. Adjust the foot pad so it sits on the top of your ankle.
4. Firmly grab both handles.
5. Extend your legs in a controlled motion, bringing them to a nearly full extension. Do not lock your knees.
6. Take a slight pause at the top before slowly returning to the starting position.





7. Repeat this action for the desired number of repetitions.

If you are unsure how to use any exercise equipment at Club Aurora Fitness Centre, please ask our staff.

## Healthy Recipe of the Month

### Rotisserie Chicken Salad Melt

This classic chicken salad melt features a dressing lightened up with yogurt and shredded rotisserie chicken for ultimate convenience. We cook the sandwiches two at a time on medium-low heat to crisp up the bread and melt the cheese without having to worry about burning. If you have a sandwich press, you can skip Step 3 and use your press set on medium heat instead.

#### Ingredients:

- 1/4 cup whole-milk plain strained (Greek-style) yogurt
- 1/4 cup mayonnaise
- 1/4 cup finely chopped celery
- 2 teaspoons grated lemon zest
- 2 teaspoons Dijon mustard
- 1/4 teaspoon ground pepper
- 1/4 teaspoon salt
- 1 cup shredded rotisserie chicken
- 1/4 cup thinly sliced red onion
- 8 slices whole-wheat bread
- 2 tablespoons unsalted butter, melted
- 1 medium tomato, cored and cut into 8 (1/4-inch) slices
- 4 slices American cheese



#### Directions:

1. Stir yogurt, mayonnaise, celery, lemon zest, mustard, pepper and salt together in a medium bowl until well combined. Fold in chicken and onion until evenly coated.
2. Brush 1 side of each bread slice with melted butter (about 3/4 teaspoon each); place bread, buttered-sides down, on a work surface. Spread 1/4 cup chicken salad on each of 4 slices; top each with 2 tomato slices and 1 cheese slice. Top with the remaining 4 bread slices, buttered-sides up, pressing down slightly to flatten.
3. Heat a large cast-iron skillet over medium-low heat. Cook 2 sandwiches, covered with a lid slightly smaller than the skillet (so it presses on the sandwiches), until the cheese is melted and the bread is golden brown and

crisp, 3 to 4 minutes per side. Transfer the sandwiches to a plate; loosely cover with foil to keep warm. Wipe the skillet clean; repeat the process with the remaining 2 sandwiches.

4. Slice the sandwiches in half and serve immediately.

Visit the website for more delicious recipes

## Class Cancellation Procedure

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

We understand that life can bring unexpected challenges, and if you're unable to attend your scheduled group fitness or aquafitness class, we kindly ask that you 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. Your thoughtfulness ensures everyone has the chance to stay active.

Cancel your registration by using one of these options:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)



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