

March 2025

March is Nutrition Month

Nutrition plays a crucial role in maintaining overall health and well-being. A balanced diet provides essential nutrients that support bodily functions, boost the immune system, and promote energy levels. Proper nutrition helps prevent chronic diseases, aids in recovery, and enhances mental health. By making informed food choices, you can improve your quality of life and achieve optimal health.

Dietitians of Canada recognizes March as Nutrition Month. This year's theme **Nourish to Flourish** is all about the connection between food and well-being. Dietitians can help you understand how what is on your plate can make a big difference in your physical, mental, and emotional health.



Visit the Dietitian's of Canada website

Spring & Summer 2025 Program Guide

The Spring & Summer 2025 Program Guide is coming soon. The program guide will be available to [view online](#) on Tuesday, March 11.

Registration Dates

- March 17 - Spring & Summer Recreation Programs
- March 19 - Spring Aquatic Learn to Swim 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

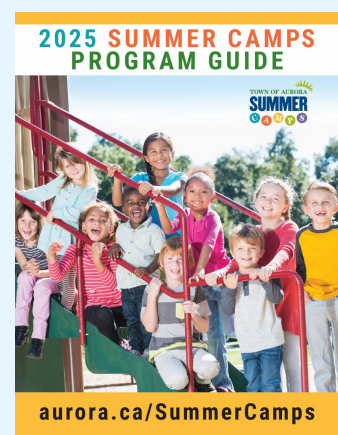
Summer Camps are coming to Aurora!

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, 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.

Why are there different sets, reps and periods of rest when working out?

Different sets, reps and rest periods target specific fitness goals.

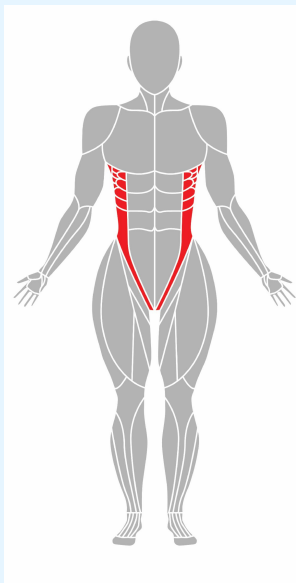
Popular programs include **strength and power training** using low repetitions, heavy weights and longer rest periods. **Endurance training** is the most popular training style. This program has high repetitions, short rest periods and uses manageable weights.

Any program that you use must have progressions or changes to it to drive adaptations in the body.



[Email us your fitness questions.](#)

Feature Exercise - Torso Rotation



Exercise Focus:

The Torso Rotation machine (#14) aims to work the core muscles, specifically your obliques. These muscles are responsible for actions such as stabilizing the core, rotating your body as well as bending from side to side.

Proper Technique:

1. Adjust the seat height so the chest pad sits on the upper part of your chest.
2. Place your feet on the footrests below.
3. With your legs, squeeze the thigh pads, ensuring your lower body remains stationary.
4. Ensure your back is straight.
5. To adjust the starting position of the movement, pull the pin down from above you and rotate to desired position.
6. Rotate your torso to the desired side, ensuring that you do not rotate beyond a comfortable range.
7. Complete the desired number of repetitions.



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

Healthy Recipe of the Month

Hot honey adds a sweet heat, while basil and mint provide fresh, unexpected flavours. Use ripe but firm peaches for easy slicing, and feel free to experiment with herbs like tarragon or chives.

Ingredients

- 4 ounces whole-wheat baguette, sliced on an angle into 12 (1/4-inch-thick) slices

- ¾ cup whole-milk ricotta cheese
- 1 tablespoon finely chopped mixed fresh tender herbs (such as mint and/or basil), plus more for garnish
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon hot honey
- 1/8 teaspoon salt
- 1 small peach, chopped (about 1 1/4 cups)
- 1 tablespoon balsamic glaze

Directions

1. Preheat oven to 400°F. Arrange baguette slices in a single layer on a baking sheet. Bake until lightly toasted, about 8 minutes.
2. Meanwhile, whisk ricotta, herbs, oil, hot honey and salt together until light and creamy. Spread about 2 teaspoons ricotta mixture onto each toasted baguette slice. Top with peaches.
3. Transfer the bruschetta slices to a platter; drizzle with balsamic glaze. Garnish with more herbs, if desired.

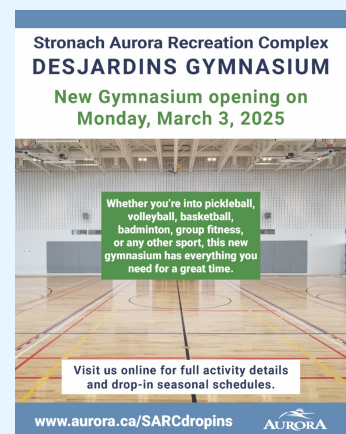


Visit the website for more delicious recipes

Town of Aurora SARC Gymnasium Opening on March 3!

We are thrilled to share some exciting news— our brand new gymnasium at the Stronach Aurora Recreation Complex, located at 1400 Wellington Street East, is officially opening its doors on **Monday, March 3!**

This new space has been designed with the community in mind, and we can't wait to welcome you in. Whether you're into pickleball, volleyball, basketball, badminton, group fitness, or any other sport, this new gymnasium has everything you need for a great time.



View the SARC Drop-in Schedule

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.

Personal Training Staff

A Personal Trainer is a certified fitness professional specializing in individualized exercise programs. They help you set, achieve, and maintain your health and fitness goals. Our trainers are highly skilled, with diverse backgrounds and education, and are fully certified by nationally accredited organizations.

Luca is one of our newest trainers, and he can help you achieve your health and fitness goals.

With a lifelong passion for sports, from competitive hockey to soccer, he has always been driven by the power of movement and athleticism. The gym has always been Luca's sanctuary, and he is eager to help others turn their fitness goals into reality. With a focus on spreading positivity and a commitment to making health and wellness enjoyable, Luca aims to create a fun and rewarding fitness journey.



For more information on personal training, email us today.

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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