

February 2025

Cold Weather Exercise Tips

Cold February temperatures can deter outdoor activities, but they don't have to prevent you from staying active. Unless it's extremely cold or you have a medical condition, exercising outdoors can still be safe and enjoyable with proper precautions.



Tips for Safe Cold Weather Exercise:

1. **Dress in Layers:** Wear two to three layers you can adjust as needed. Protect your head, ears, hands, and feet adequately. Avoid overdressing to prevent overheating and restricted movement.
2. **Monitor Weather Conditions:** Check the forecast, focusing on temperature, wind chill, and moisture. Avoid exercising outdoors if the wind chill is dangerously high.
3. **Choose Waterproof Clothing:** Stay dry to maintain your core body temperature.
4. **Wear Proper Footwear:** Opt for insulated, tractioned shoes to prevent slips on ice and snow.
5. **Use Sunscreen and Lip Balm:** Protect your skin from UVA/UVB rays and glare. Sunglasses can shield your eyes.
6. **Stay Hydrated:** Drink water before, during, and after your workout, even if you're not thirsty.
7. **Watch for Frostbite:** Early signs include numbness, loss of feeling, or stinging in exposed areas like the cheeks, nose, and ears.
8. **Watch for Hypothermia:** Symptoms include intense shivering, slurred speech, loss of coordination, and fatigue.
9. **Adapt if Necessary:** Shorten outdoor workouts or move indoors if the weather is too severe.

Always consult your physician if you're unsure about exercising in cold weather, especially if you have underlying health concerns. These tips will help you stay safe, warm, and active during the winter months.

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.

Don't delay. Register online today at aurora.ca/ePLAY.



[View the Winter 2025 Program Guide](#)

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.

[Email us your fitness questions.](#)

When do I know it is time to increase my weight for certain exercises?

Muscles adapt to training, so to keep progressing, you must continually challenge them by increasing weight, reps, or sets. This is called **progressive overload**.

Signs it's time to increase weight:

- You can perform significantly more reps than when you started.
- For example, if you began with 2 sets of 12 reps of bicep curls using a 10 lb. dumbbell and can now comfortably do 3 sets of 15, it's time to increase the weight by 2 to 5 lbs.

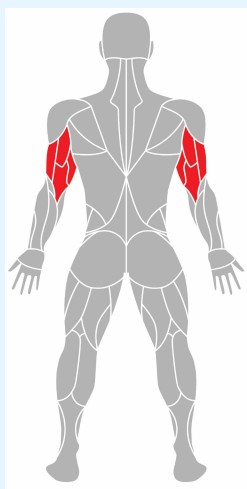
Key tips:

- Drop your reps and sets slightly when increasing weight.
- Avoid increasing too soon to prevent injury or compromising form.
- Balance pushing your limits with listening to your body.

When in doubt, start light and progress gradually.



Feature Exercise - Triceps Extension



Exercise Focus:

The triceps are a group of muscles located on the backside of your upper arm. It is broken down into 3 main muscles: the medial, lateral and long head. This group of muscles' primary function is to extend the forearm, helping with everyday movements such as reaching and pushing yourself up from a chair.

Proper Technique:

1. Select an appropriate weight.
2. Adjust the seat height to a comfortable range.
3. Using a neutral grip, grab onto the handles and lift them so that they are at ear level.
4. Ensure that your elbows are aligned with your shoulders.
5. Align your elbows with the pivot point of the machine (seen in yellow).
6. Extend your arms downward, until the elbows are nearly fully extended but do not lock your elbows.
7. Take a slight pause before slowly returning to the starting position.
8. Complete 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

Butternut Squash Chili

Squash is a nutrient-rich, fiber-packed vegetable with a lower glycemic index and blood sugar response compared to other starchy vegetables, making it a versatile and healthy addition to many dishes during harvest time.



Ingredients:

- 1 (2 1/4 lb/1.0 kg) butternut squash, peeled, cubed (about 2-1/2 cups)
- 1 Tbsp (15 mL) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp (30 mL) chili powder
- 2 tsp (10 mL) ground cumin
- 2 tsp (10 mL) ground oregano
- 1/4 tsp (1 mL) cayenne
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 can (28 oz/796 mL) diced tomatoes with juices
- 1 cup (250 mL) sodium reduced vegetable broth
- 1/4 cup (60 mL) tomato paste
- 2 cans (19 oz/540 mL) no-salt-added chickpeas, drained and rinsed (about 3 cups)
- Garnish:
 - Light shredded cheddar cheese (optional)
 - Low fat sour cream (optional)

Directions:

1. In a large saucepan, over medium-high heat, add canola oil.
2. Add onions, garlic, chili powder, cumin, oregano and cayenne and sauté for 5 minutes or until onions have softened.
3. Add cubed squash and peppers, stir to coat.
4. Add tomatoes broth and tomato paste.
5. Bring mixture to a boil. Stir in chickpeas and simmer covered for 20 minutes or until squash is fork tender.
6. Serve ladled into bowls with a sprinkle of cheese and dollop of sour cream if desired.

Tip: Substitute 2 pkgs (400g) of pre-cut squash for a time-saver in the kitchen. Cut larger chunks into uniform sizes for even cooking

Visit the website for more delicious recipes

Holiday Schedule - Family Day Weekend

Family Day Weekend - February 15 to 17, 2025

Celebrate the Family Day weekend in Aurora! Enjoy a day filled with free activities for everyone in your family.

See holiday schedules for full details.



To view our holiday schedules, visit our [Holiday Schedules webpage](#).

Special Events - Arctic Adventure

Join family, friends and neighbours at Aurora's Arctic Adventure! Lots of fun free adventures to enjoy.

Note: All activities are weather-permitting

Saturday, February 15, 2025

11 a.m. to 3 p.m.

Aurora Town Square (50 Victoria Street)

Monday, February 17, 2025

10 a.m. to 4 p.m.

Aurora Town Park (49 Wells Street)



To Learn more about our events, visit our [Special Events webpage](#).

Update: S.A.R.C. Gymnasium Construction Project



Club Aurora would like to provide our members with an update on the S.A.R.C. gymnasium construction project, and upcoming programs being offered once the facility is available.

- Currently, we are hoping that we can open the S.A.R.C. gymnasium for use as early as March 2025.
- Club Aurora is looking to offer additional group fitness programs during the daytime and evenings to accommodate our popular and larger waitlisted classes, as well as some new class formats including but not limited to Zumba Gold, Cardio Fusion and Muscle Fusion.
- Our current block of time includes Tuesday, Thursday and Saturday from 9:15 a.m. to 11:30 a.m. and Wednesday and Friday evenings from 5:45 p.m. to 6:45 p.m.

The schedule for the group fitness programs that will be running in the S.A.R.C.

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 more information, please email [Terri Edwards](mailto:Terri.Edwards@aurora.ca) (Aquatic Coordinator).

Increased Theft at A.F.L.C. Change Rooms

Here's How to Protect Your Belongings

Recently, there have been increased theft activity in the A.F.L.C. fitness change rooms. The Town staff are working together to mitigate these incidents.

In the meantime, here is how you can help:

- Do not bring any valuable items or articles in the facility.
- Bring a reliable lock and secure your belongings in the lockers before leaving the change rooms.
- Report any suspicious behaviours to staff.



If you have any questions, please reach out to the fitness staff.

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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