

September 2024, Issue 9

Exciting News from Club Aurora Fitness!

We are thrilled to unveil the vibrant new look of The Fitness Source this month, marking a significant step forward in our dedication to enhancing your fitness experience. Our updated branding elements, along with exciting new features and user-friendly content are designed to inspire and engage all members of our community. We invite you to explore these positive changes and discover the enhanced offerings that await you. Your feedback is invaluable, and we encourage you to share your thoughts as we continue to grow and improve in support of our community.

September is Arthritis Awareness Month in Canada

Arthritis is a chronic condition affecting joints and tissues, causing inflammation, pain, and mobility issues. It impacts six million Canadians (1 in 5 adults) and can persist throughout life.

With over a hundred types of arthritis, including osteoarthritis, it presents unique challenges. Despite this, arthritis doesn't define you or limit your spirit.

Managing arthritis can be tough, but staying active helps reduce pain and prevent injuries. Here are five simple steps from the Arthritis Society to help you get moving:

1. **Understand the Basics:** Review your current activities to see if they already count as exercise. The Arthritis Society's Physical Activity Guide can help.
2. **Connect Exercise to Well-being:** Physical activity supports joint health by increasing nutrient flow to cartilage. Move mindfully to avoid over-exertion and listen to your body to prevent discomfort.
3. **Find Enjoyable Activities:** Choose exercises that you enjoy and that fit into your lifestyle. This will make it easier to stick with them.
4. **Set Manageable Goals:** Determine why you want to be active and set small, achievable goals. Avoid unrealistic targets that might be discouraging.
5. **Start Small:** Begin with small steps and gradually increase your activity level. Making the first move is the key.



Visit the Arthritis Society
Website



Meet Lisa Carter, our fabulous Trainer Tips columnist, fitness staff, and a C.S.E.P. Certified Personal Trainer who embodies the spirit of community health!

With her vast fitness knowledge and her approachable demeanor, Lisa is not just here to whip you into shape; she's committed to enhancing the wellness of our fitness members.

Whether you're a seasoned fitness guru or just looking to shake off the dust and get moving, Lisa's insights are tailored to inspire you to embrace an active lifestyle.



Which is better for weight loss: diet or exercise?

Controlling what you eat will make a greater impact on weight loss. Your energy intake (i.e. the food you eat) should be less than your energy expenditure (i.e. your physical activity). But it will take a combination of both diet and exercise to keep the weight off.

Exercise will help you gain strength and stamina while sculpting the body. Without exercise, you can lose weight, but you also lose muscle, strength and endurance in the process.

Email us today for fitness questions

Fall Wellness Series

This fall, we are excited to announce a comprehensive 4-week series of wellness workshops, designed with your health and well-being in mind.

Each session will last one hour, providing a focused and engaging environment for participants to explore various aspects of wellness. We invite you to join us on this journey towards improved well-being and holistic health, as we aim to support and enhance the quality of life for all residents in our community



PILATES FOR WELLNESS

Age: 14+ years
Location: Lind Realty Team Fitness Studio
Date: Thursday, September 26
Time: 1:30 p.m. to 2:30 p.m.
Fee: \$10 per person

[Register Online](#)

QIGONG FOR WELLNESS

Age: 18+ years
Location: Lind Realty Team Fitness Studio
Date: Thursday, October 3
Time: 1:30 p.m. to 2:30 p.m.
Fee: \$10 per person

[Register Online](#)

MEDITATION FOR WELLNESS

Age: 14+ years
Location: Lind Realty Team Fitness Studio
Date: Thursday, October 10
Time: 1:30 p.m. to 2:30 p.m.
Fee: \$10 per person

[Register Online](#)

DEEP RELAXATION FOR WELLNESS

Age: 14+ years
Location: The Loft
Date: Friday, October 18
Time: 1:30 p.m. to 2:30 p.m.
Fee: \$10 per person

[Register Online](#)

Welcome Back to our Arthritis Aquafit Program

We are pleased to announce the return of our Arthritis Aquafit program to the Desjardins Pool at the Aurora Family Leisure Complex. This specialty aquatic fitness class is specifically designed for individuals with arthritis.

Our program focuses on recreational exercises aimed at reducing pain and helping to maintain or increase joint mobility, muscular strength, and endurance. Join us to experience the benefits of gentle water-based exercises in a supportive and encouraging environment.

We look forward to seeing you at the pool!

ARTHRITIS AQUAFIT

Age: 18+ years
Location: Desjardins Pool
Date: Thursday, Sept. 19 to Dec. 5
Time: 1:55 p.m. to 2:40 p.m.
Fee: \$74.88/12 Older Adults
\$93.60/12 Adults

[Register Online](#)



Tasty Turkey Burger

Indulge in the deliciousness of our Tasty Turkey Burger! This flavourful, easy-to-make, and nutritious recipe is perfect for any occasion. Whether you choose to prepare it in the oven or on the grill, this quick burger is sure to be a crowd pleaser. Enjoy a satisfying meal that's both healthy and delicious!



Ingredients

- 454 grams (1 package) of extra lean ground turkey
- 1 cup zucchini, grated
- ½ cup low fat crumbled feta
- ½ cup red onion, minced
- ¼ cup rolled oats
- 1 tsp cumin
- ½ tsp turmeric

Directions

1. In a large mixing bowl, combine ground turkey, grated zucchini, feta, red onion, rolled oats, cumin and turmeric. Mix well until all ingredients are evenly distributed.
2. Form the mixture into 6 medium patties.

For the oven

1. Preheat the oven to 425° F.
2. Place the patties on a baking sheet lined with parchment paper and bake for approximately 18-20 minutes, flipping halfway through.

For the grill

1. Preheat the grill to medium-high heat. Ensure the grates are clean and are lightly oiled to prevent the patties from sticking.
2. Place the patties on the preheated grill and grill for approximately 5 minutes on each side or until they reach an internal temperature of 165° F.

Tips

- Serve with whole grain buns for additional fiber.
- Consider the following toppings:
 - Sliced avocado (healthy unsaturated fats)
 - Sliced tomatoes (vitamin C)
 - Lettuce greens such as spinach, romaine or baby arugula (antioxidants)
 - Partly skimmed mozzarella cheese (additional protein and calcium)
- Batch cook and freeze patties to use at a later date.
- Use extra-lean ground chicken instead of turkey as an alternative lean protein source.

Visit the website for more delicious recipes.

Exciting News: Expanded Hours at Club Aurora Fitness!

You asked, and we listened! We're thrilled to announce a fantastic update that reflects our commitment to serving the community.



Starting this September, Club Aurora Fitness will expand its hours of operation. This exciting change is designed to better meet the needs and preferences of our residents, providing even more opportunities for you to engage in your fitness journey.

Whether you're an early bird or a night owl, we invite you to explore our new hours and discover the incredible possibilities that await you at Club Aurora Fitness. Embrace this opportunity to pursue your fitness goals, enhance your well-being, and elevate your quality of life—because your aspirations are within reach.

We look forward to seeing you more often at the club!

Club Aurora - Hours of Operation

Day	Time
Monday	6 a.m. to 10 p.m.* *Starting on September 9, Club Aurora will open at 5:45 a.m.
Tuesday	6 a.m. to 10 p.m.* *Starting on September 3, Club Aurora will open at 5:45 a.m.
Wednesday	6 a.m. to 10 p.m.* *Starting on September 4, Club Aurora will open at 5:45 a.m.
Thursday	6 a.m. to 9 p.m.* *Starting on September 5, Club Aurora will open at 5:45 a.m. and close at 10 p.m.
Friday	6 a.m. to 9 p.m.* *Starting on September 6, Club Aurora will open at 5:45 a.m.
Saturday	7:45 a.m. to 5 p.m.* *Starting on September 7, Club Aurora will close at 7 p.m.
Sunday	7:45 a.m. to 5 p.m.

Visit the Club Aurora
Website

Cancellation Procedure

We want to extend our gratitude for your participation in Club Aurora's fitness programs. We understand that life can sometimes throw unexpected challenges your way, and if you find yourself unable to attend your scheduled group fitness or aquafitness class, we encourage you to reach out to us.

This will help us to offer that valuable spot to another eager participant. Whether it's a last-minute scheduling conflict or an unforeseen circumstance, please don't hesitate to let us know. Let's keep moving forward together, and always feel free to give us a shout if you can't make it. Club Aurora is here to support you every step of the way on your wellness journey.

Cancel your registration by using one of these options:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)
- Call us at 905-726-4770 or 905-841-7529

Club Aurora Fitness | 135 Industrial Pkwy North | Aurora, ON L4G 4C4 CA

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!