



## Fitness Membership Price List

Prices subject to change effective January 1, 2025.  
[www.aurora.ca/fitnessmemberships](http://www.aurora.ca/fitnessmemberships)

The Town of Aurora offers a variety of membership options for you to participate in our amenities including fitness centre, group fitness, aquafitness and squash. Participants have the option of purchasing a membership with a monthly payment plan, an annual membership with a one-time payment or pay-as-you-go per activity.

### Inclusive Package

Includes Equipment & Weights Package, Group Fitness & Aquafitness Package & Squash Package.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Age Category						
Adult	\$45.00	\$56.25	\$495.00	\$618.75	\$9.05	\$72.70/10
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$6.97	\$55.74/10

### Equipment & Weights Package

Includes unlimited use of fitness centre, personalized program card, fitness equipment demonstration.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Age Category						
Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$9.05	\$72.70/10
Youth / Older Adult	\$28.80	\$36.00	\$316.80	\$396.00	\$6.97	\$55.74/10

### Group Fitness & Aquafitness Package

Includes unlimited use of group fitness and aquafitness classes (excluding specialty classes).

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Age Category						
Adult	\$36.00	\$45.00	\$396.00	\$495.00	\$9.05	\$72.70/10
Youth / Older Adult	\$28.80	\$36.00	\$316.80	\$396.00	\$6.97	\$55.74/10

### Squash Package

Includes unlimited use of the squash courts, no court fees, seven day advanced registration for prime time, complimentary house league and round robin play.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	Prime	Non-Prime
Age Category						
Adult	\$41.00	\$51.25	\$451.00	\$563.75	\$10.87/1 \$86.94/10	\$6.24/1 \$49.92/10
Youth / Older Adult	\$32.80	\$41.00	\$360.80	\$451.00	\$8.70/1 \$69.55/10	\$4.99/1 \$39.94/10

### Pool Package

Includes unlimited use of the pool during lane and leisure swims at both facilities.

PACKAGE	MONTHLY		ANNUAL		DROP-IN FEE	
	Resident	Non-Resident	Resident	Non-Resident	One Visit	10 Visits
Age Category						
Adult	\$23.00	\$28.75	\$253.00	\$316.25	\$5.00	\$40.00/10
Older Adult	\$18.40	\$23.00	\$202.40	\$253.00	\$3.85	\$30.78/10
Youth	\$18.40	\$23.00	\$202.40	\$253.00	\$3.12	\$24.96/10

#### Age Categories

Please refer to chart above for pricing per age category.

Youth – 12 to 17 years

Adult – 18+ years

Older Adult – 55+ years

#### Membership Refunds

All membership cancellation requests must be made in writing via email to Customer Service staff at [rleisure@aurora.ca](mailto:rleisure@aurora.ca). Specific refund policies apply to both Monthly and Annual Memberships. Please visit [www.aurora.ca/clubaurora](http://www.aurora.ca/clubaurora) for full details.

# CLUB AURORA GROUP FITNESS CLASSES

## CLUB AURORA FITNESS CENTRE – HOURS OF OPERATION

**WINTER:** Monday to Thursday – 5:45am to 10:00pm • Friday – 5:45am to 9:00pm  
Saturday – 7:45am to 7:00pm • Sunday – 7:45am to 5:00pm

## GROUP FITNESS CLASSES – SCHEDULES

**HOLIDAY:** Group Fitness Schedule – December 21, 2024 to January 3, 2025

**WINTER:** Group Fitness Schedule – January 4, 2025 to March 9, 2025

Group Fitness Class Schedules are available online at [www.aurora.ca/fitnessclasses](http://www.aurora.ca/fitnessclasses)



### OSTEO FITNESS

This class uses weight-bearing activities with light weight training to improve and maintain your bone density and fitness level.



### P90X

This class is a training system which highlights the principle of “muscle confusion” and complex moves (combining muscle groups). Choreographed to music, moves are timed so that participants can do as many repetitions of the move as they are capable, working at their own pace with the fun of being in a group.

### PIYO®

This is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that’s fun, challenging and will make you sweat. It’s about energy, power and rhythm.

### RIP

This barbell program is for men and women of all ages and all fitness levels. Matching movement to music and using traditional strength training allows participants to work at their own level.



### STEP

An energetic class using a step platform that includes choreographed patterns and movements for both cardiovascular and lower body conditioning.

### SUNRISE YOGA

Start your day off right with a good stretch and a calm mind. Gradually warm the body and awaken the mind in this energizing class. Designed with Hatha Yoga principles, this class is suitable for all fitness levels. Sunrise Yoga will give you energy and focus to last throughout your day.

### TOTAL BODY STRENGTH TRAINING

Focus of this class is to build overall muscle strength including improved cardiovascular health, bone density, joint stability and metabolic rate. Regular strength training is recommended for people of all ages and fitness levels to help prevent the natural loss of lean muscle mass that comes with aging. Suitable for all fitness levels and abilities.



Classes bearing this symbol are Heart Wise Exercise® approved programs.

### AQUAFITNESS

Receive all the benefits of a floor aerobics class without the joint stress. Stay cool in the pool and cross-train with Aquafitness.

### BOOMER ABC'S

This intermediate fitness class is for Baby Boomers (55+ years) who have been exercising regularly. The class includes muscle conditioning using free weights or body weight, abdominal and core strengthening, balance and stretching.



### BOOT CAMP

This class will challenge you with a variety of conditioning exercises and drills to improve your strength, conditioning, agility and balance, as well as your overall fitness.



### CARDIO DANCE

Get your groove on with Cardio Dance. This class offers a variety of dance styles and mini routines, that are easy to follow with lots of options. Work at your own intensity but most of all just have fun.

### CHISEL

A total body muscle conditioning class that will work your body from head to toe using a variety of equipment.

### MUSCLE FUSION 55+

A fun dynamic class that combines strength, agility, balance and core exercises to improve your functional fitness.

### N.I.A. – NEUROMUSCULAR INTEGRATIVE ACTION

N.I.A. encompasses the best of dance, martial arts, yoga and healing arts philosophies from the East and West.

## YOGA FITNESS

Yoga Fitness is a fitness inspired yoga program designed to improve health, performance and mental acuity. Based on the fusion of eastern traditional Hatha Yoga and western fitness science, this class blends balance, strength, flexibility and power in a fitness format.

## YOGA FUSION

If you're feeling stressed or overwhelmed and want to cultivate mental strength and tranquility, start your morning with our Yoga Fusion class. This class will elevate your mood, enhance your physical fitness, and improve your overall well-being by reducing stress and anxiety. Through mindful movement, breathing exercises, physical relaxation, and guided meditation, you'll discover greater peace and focus in just a few minutes, revitalizing your energy for the day ahead.



## YOGA STRETCH

Improve your overall flexibility, relieve the day's stress and feel relaxed. This class focuses on basic stretching techniques and does not specifically follow the Hatha, Ashtanga, Iyengar or Vinyasa principles.

## ZUMBA® FITNESS

This class fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic work out that will blow you away.

[www.aurora.ca/clubaurora](http://www.aurora.ca/clubaurora)

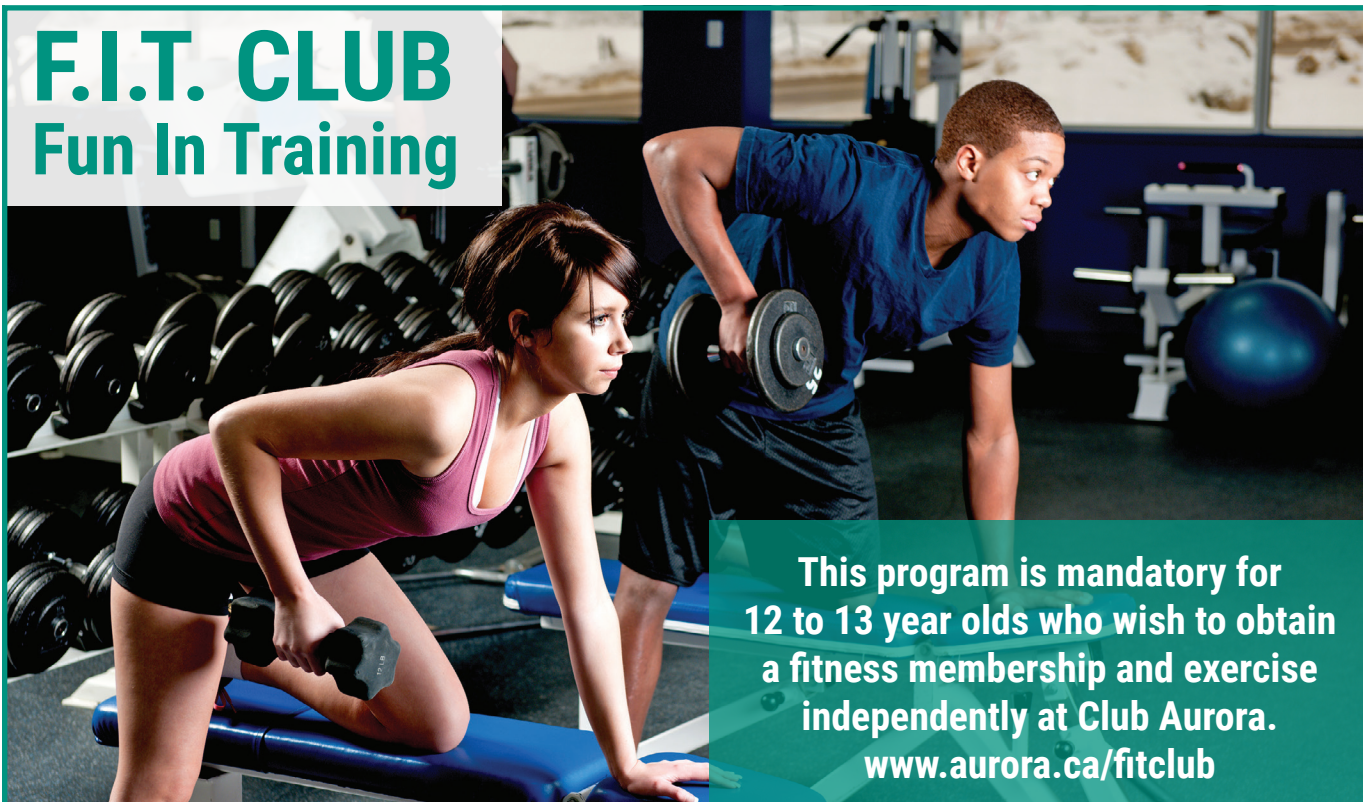
## FITNESS INCLUSION SERVICES

**Arthritis Aquafit:** Club Aurora offers a 45-minute specialty class for people who suffer from arthritis. The objectives of these recreational exercises are to reduce pain, help maintain or increase joint mobility, and increase muscular strength and endurance.

**Heart Wise Exercise:** This initiative is intended to integrate the cardiac population into mainstream programs. This is done by addressing physical and psychological needs. It provides exercise options to help participants choose appropriate programs and levels of intensities, while encouraging participants to do daily physical activities.

[fitness@aurora.ca](mailto:fitness@aurora.ca)

## F.I.T. CLUB Fun In Training



This program is mandatory for 12 to 13 year olds who wish to obtain a fitness membership and exercise independently at Club Aurora.  
[www.aurora.ca/fitclub](http://www.aurora.ca/fitclub)



# FITNESS REGISTERED PROGRAMS



## ARTHRITIS AQUAFIT

**Age: 18+ years**

**Location: AFLC Desjardins Pool**

This specialty aquatic fitness class is designed for people who suffer from arthritis. The objective of the recreational exercises is to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 9	1:55pm – 2:40pm	\$72.00/9 Older Adult	33472
			\$90.00/9 Adult	

## PILATES

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

Pilates exercises focus on core strength, flexibility and balance. It can improve posture, increase mobility and build lean muscle mass.

\*No class on: Feb 17

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 6	1:30pm – 2:30pm	\$92.00/8 Member	33475*
			\$110.40/8 Non-Member	
Wed	Jan 8	1:30pm – 2:30pm	\$103.50/9 Member	33490
			\$124.20/9 Non-Member	
Wed	Jan 8	7:30pm – 8:30pm	\$103.50/9 Member	33474
			\$124.20/9 Non-Member	

## SILVER SPINNERS CYCLEFIT

**Age: 55+ years**

**Location: AFLC Cyclefit Studio**

This 30-minute beginner cycling class provides a gentle yet challenging ride geared towards the older adult at a more comfortable and slower pace. Learn proper bike set-up, proper riding technique and positioning for a comfortable and enjoyable workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 7	10:30am – 11:00am	FREE/9 Member	33477
			\$67.50/9 Non-Member	

## STRICTLY BEGINNER CYCLEFIT

**Age: 14+ years**

**Location: AFLC Cyclefit Studio**

Developed for those who want to try a cyclefit class. This 45-minute cycling class provides a gentle, yet challenging ride geared towards those that are just starting out. Learn proper bike set-up, proper riding techniques, positioning and pacing strategies for a comfortable and enjoyable workout.

Note: Not suitable for advanced cyclefit participants.

DAY	DATE	TIME	FEE/CLASS	CODE
Wed	Jan 8	10:00am – 10:45am	FREE/9 Member	33478
			\$76.50/9 Non-Member	

## AGE REQUIREMENTS

For Fitness programs, participants must be the minimum age by the first day of the program.

## YOGA

**Age: 14+ years**

**Location: Aurora Town Square**

Club Aurora now offers Hatha Yoga for those who prefer a true body/mind experience. This program consists of stretching and toning, which help to keep joints flexible, improves circulation and reduces stress. Fitness mats are provided, however please feel free to bring your own yoga mat if you wish.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 7	7:00pm – 8:00pm	\$112.50/9 Member	33479
			\$135.00/9 Non-Member	
Thu	Jan 9	7:00pm – 8:00pm	\$112.50/9 Member	33480
			\$135.00/9 Non-Member	

## ZUMBA TONING

**Age: 14+ years**

**Location: AFLC Lind Realty Team Fitness Studio**

The Zumba Toning program offers the best of both worlds. The exhilarating experience of a Zumba “fitness party” with the benefits of safe and effective strength training. It’s an easy-to-follow, health-boosting dance-fitness program for all levels of fitness. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 9	11:15am – 12:00pm	FREE/9 Member	33481
			\$76.50/9 Non-Member	



## CLUB AURORA WELLNESS SERIES

**Featuring health and wellness topics!**

### FUN GUIDED HIKES

**Age: 18+ years**

**Location: Sheppard’s Bush**

These walks are designed to encourage families to get active, while enjoying York Region’s finest nature walking trails. These walks can range in time from 60 to 90 minutes. Comfortable clothing and appropriate footwear are recommended. Leashed dogs are welcome.

Note: Please meet at the Mary Street entrance at Sheppard’s Bush in Aurora.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Jan 19	9:00am – 10:15am	\$5.00/1	33473
Sun	Feb 23	9:00am – 10:15am	\$5.00/1	33489

### PILATES

**Age: 14+ years**

**Location: Lind Realty Team Fitness Studio**

Pilates exercises focus on core strength, flexibility and balance. It can improve posture, increase mobility and build lean muscle mass.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Jan 2	1:30pm – 2:30pm	\$11.50/1	33476

## THE CHARTWELL WALKING INDOOR TRACK

**Rain or shine, stay active indoors!**



Club Aurora features a 90-metre indoor track with a rubberized sports surface. The indoor track is free for all users. It is open during Customer Service Desk operating hours.

[www.aurora.ca/indoortrack](http://www.aurora.ca/indoortrack)



# SQUASH

**LEARN TO PLAY SQUASH** Age: 8+ years • Levels: Skill Development Level 1 & Advanced • Location: AFLC Squash Courts

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment, with players partnered with others of similar ability. Participants must provide their own eye protection and squash racquet.

**LADIES SKILL DEVELOPMENT & ROUND ROBIN** Age: 18+ years • Levels: All Levels • Location: AFLC Squash Courts

This program emphasizes the technical aspects of the game of squash in a fun, yet competitive environment. Taught by our female squash pro, the program is aimed at female participants who are new to the sport. Participants will be partnered with others of similar ability.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Learn to Play Squash Skill Development Level 1	Thu Jan 9 to Mar 6	5:00pm – 6:00pm	\$94.50/9 Member \$113.40/9 Non-Member	33499
Learn to Play Squash Advanced	Thu Jan 9 to Mar 6	6:00pm – 7:30pm	\$94.50/9 Member \$113.40/9 Non-Member	33498
Ladies Skill Development & Round Robin	Sun Jan 5 to Mar 2 *No class on: Feb 16	9:00am – 10:30am	\$84.00/8 Member \$100.80/8 Non-Member	33497*

**SQUASH HOUSE LEAGUE** Age: 14+ years • Levels: All Levels • Location: AFLC Squash Courts

This is a mixed team's event, open to all levels of play. The level of play varies from advanced (Level 1) to beginner/intermediate (Level 5). Each player plays a 40-minute match per night for their team. Play begins as early as 5:40pm and ends at 9:40pm.

**ROUND ROBIN** Age: 14+ years • Levels: All Levels • Location: AFLC Squash Courts

A fun, social, non-competitive opportunity to play squash games with players at all levels. A great opportunity for players to work on their game, help others improve or just get in a great workout.

**NOTE:** Members are entitled to seven-day advanced registration for prime time and entitled to sign-up for three free nights including House League (Monday and Wednesday) and Round Robin (Friday).

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon Jan 6 to Mar 3 *No class on: Feb 17	5:00pm – 9:40pm	FREE/8 Member \$96.02/8 Non-Member	33500*
Squash House League	Wed Jan 8 to Mar 5	5:00pm – 9:40pm	FREE/9 Member \$102.45/9 Non-Member	33501
Round Robin ^Weekly registration is required.	Fri Jan 10 to Mar 7 *No class on: Feb 14	6:00pm – 8:00pm	FREE/8 Member \$96.02/8 Non-Member	e-PLAY**



# GET FIT at CLUB AURORA

Let us help you achieve your fitness goals!

A personal trainer is a certified fitness professional who specializes in the design and instruction of individualized exercise programs. They work with you in setting, achieving and maintaining your health, lifestyle and fitness goals.

Our personal trainers have the skills you need to be successful. Each personal trainer has a background and education suited to a variety of fitness needs. All of our staff members are fully certified by nationally accredited organizations.



[www.aurora.ca/personaltraining](http://www.aurora.ca/personaltraining)

## PERSONAL TRAINING PACKAGES

Competitive rates and packages are available for every budget. Unlike some private gyms, you do not need to be a member of Club Aurora to benefit from its great personal training packages.

PRIVATE PERSONAL TRAINING	MEMBER	NON-MEMBER
Individual Session	\$72.64	\$90.80
3 Session Package*	\$170.04	\$212.55
5 Session Package	\$296.76	\$370.95
10 Session Package	\$562.43	\$703.04
20 Session Package	\$1,103.91	\$1,379.89
SEMI-PRIVATE PERSONAL TRAINING^	MEMBER (per person)	NON-MEMBER (per person)
Individual Session	\$55.02	\$68.77
3 Session Package*	\$127.66	\$159.57
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.62

\*3 Session package is a one-time only offer. | ^Semi-Private Personal Training fees are per person. Prices subject to change effective January 1, 2025.