



## Fitness Membership Price List

[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 and 2 nights (Mon and Wed) of house league.

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 FITNESS CENTRE

### FITNESS CENTRE – HOURS OF OPERATION

**FALL:** 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

**FALL:** Group Fitness Schedule – September 3 to December 20, 2024

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



### 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.

### 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.

### 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.

### 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.



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

## YOGA FUSION

If you are feeling stressed or overwhelmed, and want to build mental strength and bring calmness to your day, start your morning with our Yoga Fusion class. This class will lift your mood, help you to get into better shape and improve your well-being by reducing stress and anxiety, developing more mindfulness and promoting better sleep. Fluid conscious movements, breathing exercises, physical relaxation and guided meditation will help you find more peace and focus in just a few minutes, restoring your energy for the rest of the day.

## 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.

### CLUB AURORA FITNESS CENTRE

Club Aurora's fitness facility is located at the Aurora Family Leisure Complex. For the most up-to-date information regarding our programs and services, please visit [www.aurora.ca/clubaurora](http://www.aurora.ca/clubaurora)



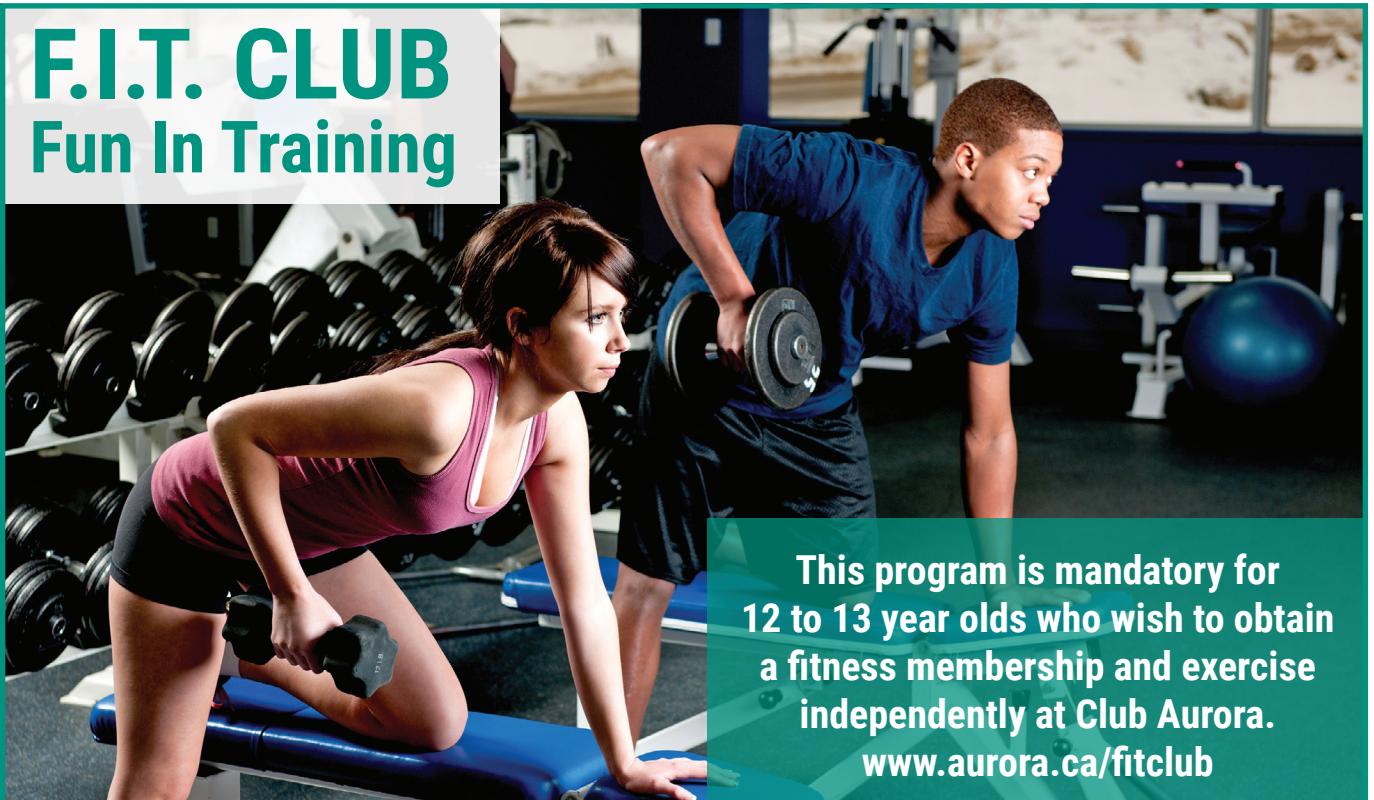
## FITNESS INCLUSION SERVICES

**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 45-minute specialty class is for people who suffer from arthritis. The objectives of the recreational exercises are to reduce pain and help maintain or increase joint mobility, muscular strength and endurance.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 19	1:55pm – 2:40pm	\$74.88/12 Older Adult \$93.60/12 Adult	32283

## PILATES

**Age: 14+ years**

**Location: \*AFLC Lind Realty Team Fitness Studio  
^AFLC The Loft**

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout.

~No class on: Oct 14

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Sept 9	1:30pm – 2:30pm	\$108.00/12 Member \$129.60/12 Non-Member	32285*~
Wed	Sept 11	7:30pm – 8:30pm	\$108.00/12 Member \$129.60/12 Non-Member	32284*
Thu	Sept 12	7:30pm – 8:30pm	\$108.00/12 Member \$129.60/12 Non-Member	32286^

## 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	Sept 10	10:30am – 11:00am	FREE/12 Member \$72.00/12 Non-Member	32290

## 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	Sept 11	10:00am – 10:45am	FREE/12 Member \$87.00/12 Non-Member	32287

## 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	Sept 10	7:00pm – 8:00pm	\$150.00/12 Member \$180.00/12 Non-Member	32288
Thu	Sept 12	7:00pm – 8:00pm	\$150.00/12 Member \$180.00/12 Non-Member	32289

## 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	Sept 12	11:15am – 12:00pm	FREE/12 Member \$87.00/12 Non-Member	32291

## AGE REQUIREMENTS

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

## 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	Sept 15	9:00am – 10:15am	\$5.00/1	32292
Sun	Oct 13	9:00am – 10:15am	\$5.00/1	32293

### PILATES

Age: 14+ years

Location: Lind Realty Team Fitness Studio

Pilates is a highly effective way to shape up, slim down and feel great. It is a contemporary approach to mind/body exercise. The emphasis on movement quality, posture and breathing, makes Pilates a safe, challenging and revitalizing workout.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Sept 26	1:30pm – 2:30pm	\$10.00/1	32294

### QIGONG FOR WELLNESS

Age: 14+ years

Location: Lind Realty Team Fitness Studio

Feeling busy with no time to take care of yourself? Qigong can help. The gentle flowing movements of Qigong are soothing and replenishing for your mind and body. In this session, learn a simple Qigong practice that can easily become part of your daily self care routine. We will conclude with a guided relaxation. Please bring any props that will optimize your comfort level during the guided relaxation. Qigong can be practiced standing or seated.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 3	1:30pm – 2:30pm	\$10.00/1	32891

*New!*

### MEDITATION FOR WELLNESS

Age: 14+ years

Location: Lind Realty Team Fitness Studio

Have you heard that a meditation practice can be helpful in managing stress? Many people hear this but feel that they cannot meditate. In this session, experience some simple meditation practices that make it easy for you to begin and maintain a regular routine of meditation. Meditation can indeed be a useful and practical means of managing stress for all. Please bring any props that will optimize your comfort level either seated on the floor or in a chair.

DAY	DATE	TIME	FEE/CLASS	CODE
Thu	Oct 10	1:30pm – 2:30pm	\$10.00/1	32896

*New!*

### DEEP RELAXATION FOR WELLNESS

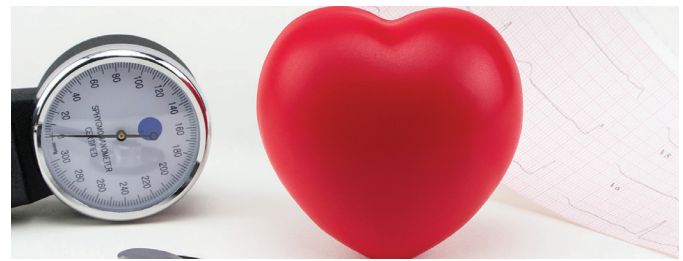
Age: 14+ years

Location: AFLC The Loft

Constantly on the go with little time to pause? Deep relaxation is a replenishing practice to help bring some balance to mind and body. We will begin with a few minutes of gentle movement to release tension. This will be followed by a guided relaxation session to set the stage for your body and mind to experience a deep sense of relaxation. This session is best experienced while laying down. Please bring any props that will optimize your comfort level including a yoga mat, 2 small blankets and an eye pillow. You may wish to bring additional props.

DAY	DATE	TIME	FEE/CLASS	CODE
Fri	Oct 18	1:30pm – 2:30pm	\$10.00/1	32897

*New!*



## 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 track is free for all users and is open during facility operating hours.

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



# 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 Sept 5 to Oct 24	5:00pm – 6:00pm	\$80.00/8 Member \$96.00/8 Non-Member	32268
Learn to Play Squash Skill Development Level 1	Thu Oct 31 to Dec 12	5:00pm – 6:00pm	\$70.00/7 Member \$84.00/7 Non-Member	32269
Learn to Play Squash Advanced	Thu Sept 5 to Oct 24 *Bi-weekly (every 2 weeks)	6:00pm – 7:30pm	\$60.00/4 Member \$72.00/4 Non-Member	32270*
Learn to Play Squash Advanced	Thu Oct 31 to Dec 12 *Bi-weekly (every 2 weeks)	6:00pm – 7:30pm	\$60.00/4 Member \$72.00/4 Non-Member	32271*
Ladies Skill Development & Round Robin	Sun Sept 8 to Oct 27	9:00am – 10:30am *No class on: Oct 13	\$105.00/7 Member \$126.00/7 Non-Member	32274*
Ladies Skill Development & Round Robin	Sun Nov 3 to Dec 15	9:00am – 10:30am	\$105.00/7 Member \$126.00/7 Non-Member	32275

## 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 two free nights (Mon and Wed) of house league.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon Sept 9 to Dec 9	5:00pm – 9:40pm *No class on: Oct 14	FREE/13 Member \$121.28/13 Non-Member	32276*
Squash House League	Wed Sept 11 to Dec 11	5:00pm – 9:40pm	FREE/14 Member \$127.28/14 Non-Member	32277
Round Robin	Fri Sept 13 to Dec 13	6:00pm – 8:00pm *No class on: Oct 11	FREE/13 Member \$121.28/13 Non-Member	32279*



# 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.