

February 2024

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SAFETY TIPS FOR WINTER OUTDOOR EXERCISING

Reprinted from February 2022

The cold February temperatures can be a significant deterrent for most individuals wanting to take advantage of the great outdoors.

However, cold weather should not hamper or restrict your ability to exercise outdoors, unless it is extremely cold or you have an underlying medical condition that prevents or stops you from exercising.



The following tips can help you stay safe and keep warm while exercising in cold weather.

- Dress in layers. Often two to three layers of clothing will suffice. However, do not overdress as this can cause you to overheat, feel uncomfortable and restrict your range of motion. Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. It's important to adequately cover and protect your head and ears, your hands and feet.
- Be aware of the overall weather conditions and wind chill. Check the forecast before venturing outside to exercise. The key factors in planning your outdoor exercise include temperature, wind chill, moisture and the length of time you wish to exercise outdoors.
- Do not attempt to exercise outdoors if the wind chill is too high. The cold wind can easily penetrate your clothing leaving you vulnerable to frostbite.
- Choose waterproof clothing. Getting wet makes you vulnerable to the cold and may affect your ability to keep your core temperature high enough to keep you warm.
- Choose warm insulated footwear with enough traction to prevent falls on snow and ice.
- Wear adequate sunscreen that blocks UVA and UVB rays. Consider wearing lip balm with sunscreen to protect your lips and sunglasses to protect your eyes from the sun and glare.

- Don't forget to hydrate. You can become easily dehydrated through sweating, heavy breathing, and through the drying effects of the cold wind. Remember to drink water or healthy fluids before, during and after your workout, even if you're not thirsty.
- Watch for signs of frostbite and hypothermia. Frostbite is damage to your skin caused by extremely cold temperature. Frostbite often occurs on exposed skin, such as your cheeks, nose and ears. Early warning signs include numbness, loss of feeling or possibly a stinging sensation.
- Watch for signs of hypothermia. Hypothermia is abnormally low body temperature. Hypothermia signs and symptoms include intense shivering, slurred speech, loss of coordination and fatigue.
- If the weather is extremely cold, consider modifying your exercise routine by shortening the time outdoors or by simply completing the activity indoors. Remember, some exercise is better than no exercise at all.

These tips are a good starting point in helping you to stay safe while enjoying outdoor exercise and activities during the cold winter months.

If you are unsure about cold weather exercise, it is always a good idea to check with your family physician to review any precautions necessary based on your current fitness level or underlying medical condition.



WINTER 2024 PROGRAM GUIDE

The Winter 2024 Program Guide is available to view online on our [Program Guide](#) webpage. Registration is open for Recreation and Aquatic programs.

Register Online – To register online, go to our [Program Guide](#) webpage and view our online guide. Once you have selected the program you wish to register for, simply click on the code # and you will automatically be directed to our e-PLAY online registration system.

Register In-Person – To register in-person, visit the A.F.L.C. or S.A.R.C. to pay in-person.

HOLIDAY SCHEDULES

Have fun over the holidays! We have family fun programs and activities for everyone to enjoy.

Programs and activities will take place at the Aurora Family Leisure Complex (A.F.L.C.) and the Stronach Aurora Recreation Complex (S.A.R.C.).

Visit our [Holiday Schedules](#) webpage for full details.

**FAMILY DAY
WEEKEND
February 17 to 19**

Town of Aurora PROGRAM GUIDE Winter 2024



Registration Starts December 11
aurora.ca/ProgramGuide



WINTER FITNESS REGISTERED PROGRAMS

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.

*No class Feb 19

DAY	DATE	TIME	FEE/CLASS	CODE
Mon	Jan 8	1:30pm – 2:30pm	\$69.20/8 Member \$83.05/8 Non-Member	*29887
Wed	Jan 10	7:30pm – 8:30pm	\$77.85/9 Member \$93.42/9 Non-Member	29873

SILVER SPINNERS CYCLEFIT

Age: 55+ years

Location: 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 9	10:30am – 11:00am	FREE/9 Member \$48.15/9 Non-Member	29874

STRICTLY BEGINNER CYCLEFIT

Age: 14+ years

Location: 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 10	10:00am – 10:45am	FREE/9 Member \$60.75/9 Non-Member	29875

YOGA

Age: 14+ years

**Location: Aurora Town Square
Program Room #2**

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, improve circulation and reduce stress.

DAY	DATE	TIME	FEE/CLASS	CODE
Tue	Jan 9	7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	29876
Thu	Jan 11	7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	29877

ZUMBA TONING

Age: 14+ years

Location: 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
Tue	Jan 9	10:20am – 11:05am	FREE/9 Member \$60.75/9 Non-Member	29878

e-PLAY

GUIDED HIKES

Age: 18+ yrs

Location: Shepherds 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.

DAY	DATE	TIME	FEE/CLASS	CODE
Sun	Feb 18	9:00am – 10:15am	\$5.00/1	29879



CLASS CANCELTION PROCEDURE

Club Aurora is committed to providing fair and equitable access for all to enjoy our programs and services. And as such, if you are unable to attend a group fitness or aquafitness class that you have registered in, we ask that you cancel yourself from the class so another participant can attend.

To cancel from a group fitness or aquafitness class, please choose one of the options.

1. Email our Customer Service team at reisure@aurora.ca
2. Call our Customer Service Staff team at 905-726-4770 or 905-841-7529.

3. Use the QR code below to access the Class Cancellation Form.



FITNESS CLASSES RETURNING TO OUR SCHEDULE!

We are excited to share the news that two of our group fitness and aquafit classes are back on our class schedule starting this month.

Effective Wednesday, February 7, Andrea will be back teaching Cardio Dance at 12:15 p.m. in the fitness studio. Join us for a fun-filled cardio class that offers a variety of dance styles and mini routines to get your body moving.

Our Aquafitness program will also be increasing in classes as we welcome back Ilona to the Saturday morning aquafitness class at the A.F.L.C. Join us at 9:35 a.m. and stay cool in the pool!

Fitness members can pre-register online at [e-PLAY](#). Spaces are available for drop-in participants.



Recreation Needs Assessment for Persons with Disabilities



SEEKING INPUT ON RECREATIONAL PROGRAM NEEDS FOR PERSONS WITH DISABILITIES

The Town of Aurora is developing a Recreation Needs Assessment for Persons with Disabilities in our community. This initiative was identified as an action item within the recently approved Parks and Recreation Master Plan in June 2023. It is also part of the Town's commitment to providing fair and equitable access to programs and services.

WHEN & WHERE: Deadline to complete the online survey is February 14. In-person and virtual focus groups will be held in the month of February. Please visit us at engageaurora.ca/RNA.

WHAT: The goal of this survey is to identify the specific recreational program needs and preferences of persons with disabilities in our community, and to develop a plan to address the identified needs in our programming. This evaluation will include online and in-person feedback sessions.

Have your say! Take the survey or sign up for a Focus Group (virtual or in-person).

<p>Focus Group 1 Tuesday, February 6 1 p.m. to 2 p.m. Virtual</p>	<p>Focus Group 2 Tuesday, February 6 7 p.m. to 8:30 p.m. In-Person</p>	<p>Focus Group 3 Sunday, February 11 3 p.m. to 4 p.m. Virtual</p>	<p>Focus Group 4 Thursday, February 8 9:30 a.m. to 11 a.m. In-Person</p>
<p>Focus Group 5 Tuesday, February 13 7 p.m. to 8 p.m. Virtual</p>	<p>To learn more about this project, please visit engageaurora.ca/RNA.</p>		

RECREATION & HEALTHY ACTIVE LIVING LEADERSHIP

High School Credit Course

There is a need for more females in leadership positions in sport including coaches, officials and administrators. Through the work of the Sport Plan, Town of Aurora is committed to supporting more females to step into those roles and are excited for the 2nd year of our Recreation & Healthy Active Living Leadership high school credit course.

In collaboration with ASK Online Canada, Town of Aurora will be delivering a female and gender diverse hybrid (face-to-face and online) leadership course where students can obtain a grade 12 credit towards their high school diploma.

Students will explore the benefits of providing a welcome, safe, and positive space for lifelong participation in physical activity and develop leadership skills that contribute to a successful participant experience. In addition, students will apply their learning to host a community event and provide mentoring opportunities that enhance the health and well-being of others.

Winter 2024 Course

- Winter 2024: February 14 to May 15, 2024
- Registration is now open.

[Register Online – Recreation & Healthy Active Living Leadership](#)

Female Recreation and Active Living Leadership High School Course

- NCCP coaching certification
- First aid training
- Leadership and communication skills training
- Practice and event planning knowledge and much more!

Receive a grade 12 credit towards your OSSD!

Enrol now!

aurora.ca/LeadershipCourse



AURORA

Slow-Cooker Chicken Chili

Total Time: 3 hrs. 25 mins * Makes 8 servings * Serving Size: 1 1/3 cups



This simple slow-cooker chili features plenty of veggies and shredded chicken breast simmered in a smoky broth of chipotle chiles and tomato. The chili is finished with shredded cheese, avocados, and cilantro, but feel free to add your own favorite toppings to jazz it up!



Ingredients

- 2 cups unsalted chicken broth
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 2 (15 ounce) cans no-salt-added dark kidney beans, rinsed
- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped
- 6 cloves garlic, chopped
- 1 tablespoon finely chopped chipotle pepper in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 ½ pounds boneless, skinless chicken breasts
- 3 tablespoons fresh lime juice
- ¾ cup shredded sharp Cheddar cheese
- 2 medium avocados, chopped
- ⅓ cup chopped fresh cilantro

Preparation

1. Stir broth, tomatoes, beans, onion, bell pepper, garlic, chipotle, adobo sauce, cumin, coriander, oregano, and salt together in a 5-quart slow cooker. Nestle chicken breasts into the vegetable mixture until fully covered. Cover and cook until an instant-read thermometer inserted into the thickest portion of chicken registers 165°F, about 3 hours on High or 4 to 5 hours on Low.
2. Transfer the chicken to a cutting board. Let cool for 5 minutes. Shred using 2 forks. Return the shredded chicken to the cooker; stir in lime juice.
3. Divide the chili among 8 bowls. Top with cheese, avocado and cilantro.

To make ahead: Let cool to room temperature; refrigerate in an airtight container for up to 3 days.

Nutrition Facts: Calories 342; **Total Carbohydrate** 29g; **Dietary Fiber** 15g; **Protein** 29g; **Total Fat** 13g; **Saturated Fat** 4g; **Cholesterol** 59mg; **Vitamin A** 1982IU; **Vitamin C** 42mg; **Vitamin D** 1IU; **Vitamin E** 2mg; **Folate** 58mcg; **Vitamin K** 14mcg; **Sodium** 454mg; **Calcium** 182mg; **Iron** 3mg; **Magnesium** 97mg; **Potassium** 1180mg; **Zinc** 2mg

For more delicious recipes, visit these healthy recipe websites at [Eating Well](#) or [All Recipes](#).

EXERCISE TECHNIQUES

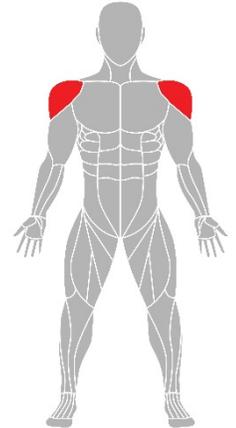
Shoulder Press - Beginner

Target Body Part

Deltoids

Equipment Required

Shoulder Press Machine #10



1. Adjust the seat to a height so that the handles are at shoulder height.
2. Ensure that you are sitting straight and your lower back is against the back pad.
3. Your feet should be flat, shoulder width apart and your knees bent at a 90-degree angle.
4. Grab the horizontal handles with a solid grip and ensure that your elbows are pointing towards the floor. The narrower grip can also be used as an alternative, since each grip works different parts of the shoulder.
5. Exhale and press overhead, avoid locking your elbows.
6. Pause at the top and then inhale and slowly return to the start position. This is one repetition.
7. Aim to perform 12 to 15 repetitions and 1 to 3 sets.



If you are unsure how to perform any exercise correctly, please ask the fitness staff for assistance.

SQUASH MEMBERSHIP INFORMATION & WINTER PROGRAMS

Memberships are now available for purchase online at [e-PLAY](#).

The Squash Membership Package includes unlimited use of the squash courts, no court fees, and 2 nights (Monday and Wednesday) of house league. Visit our [Squash](#) webpage for more information.

Our new **Inclusive Membership Package** now includes Squash. Not only can you participate in unlimited group fitness and aquafitness classes, along with unlimited use of the equipment and weights in Club Aurora, you can now also book a squash court and play in the house league (Monday and Wednesday). Registration is required for the house league.

Squash Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$40.30	\$50.38	\$464.50	\$580.63	
Youth / Older Adult	\$32.25	\$40.31	\$371.70	\$464.50	
Inclusive Package		Monthly		12 Months	
Age Category	Resident	Non-Resident	Resident	Non-Resident	
Adult	\$45.00	\$56.25	\$495.00	\$618.75	
Youth / Older Adult	\$36.00	\$45.00	\$396.00	\$495.00	

HOUSE LEAGUE – WINTER 2024 - Age: 14+ years

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. **Note:** Members are entitled to sign-up for 2 free nights (Monday and Wednesday) of house league and must pay the applicable \$41.62 fee for a third night.

PROGRAM	START/END DATE	TIME	FEE/CLASS	CODE
Squash House League	Mon Jan 8 to Mar 4 *No class Feb 19 PROGRAM IS FULL	5:40pm to 9:40pm	FREE/8 Member \$89.62/8 Non-Member	29884*
Squash House League	Wed Jan 10 to Mar 6	5:40pm to 9:40pm	FREE/9Member \$95.62/9 Non-Member	29885

LEARN TO PLAY

Age: 8+ Level: Beginner to Advanced

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

WOMEN'S LEARN TO PLAY SQUASH

Age: 18+ years

This program is an introductory recreational program that 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 18+ years who are new to the sport. Participants will be partnered with others of similar ability.

LEVEL	START/END DATE	TIME	FEE/CLASS	CODE
Beginner	Thu Jan 11 to Mar 7	5:30pm to 6:30pm	\$90.00/9 Member \$108.00/9 Non-Member	29880
Intermediate	Thu Jan 11 to Mar 7	6:30pm to 7:30pm	\$90.00/9 Member \$108.00/9 Non-Member	29881
Beginner for Women (Split into 2 time slots, based on skill level)	Sun Jan 14 to Mar 3 *No Class Feb 18	9:00am to 12:00pm	\$105.00/8 Member \$126.00/8 Non-Member	29883*

NEW PROCESS FOR SQUASH COURT BOOKINGS

Effective January 2, 2024, Squash Members are no longer required to reserve a court online, and will now be able to book via telephone, email, or in-person 7 days in advance for prime-time court bookings (see below for days/times). Members can continue to attend as a drop-in without reservations.

Non-member squash participants may attend as a drop-in without reservation for all prime and non-prime times. As a reminder, the following days and times outline prime and non-prime time hours.

HOURS	DAYS	TIME
PRIME-TIME	Monday to Friday Saturday and Sunday Statutory Holidays	5 p.m. to 10 p.m. 8 a.m. to 5 p.m. All Day
NON-PRIME TIME	Monday to Friday	6 a.m. to 5 p.m.

PERSONAL TRAINING



Club Aurora offers a variety of personal training packages to fit any budget.

We offer both private and semi-private training options. For more information, please email fitness@aurora.ca.

ABOUT OUR EXPERT STAFF

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

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	\$68.78
3 Session Package*	\$127.66	\$159.58
5 Session Package	\$221.83	\$277.29
10 Session Package	\$422.55	\$528.19
20 Session Package	\$781.30	\$976.63

* 3 Session package is a one-time only offer.

^ Semi-Private Personal Training fees are per person.

TRAINER TIPS

Written by Lisa Carter, Fitness Attendant, C.S.E.P. Certified Personal Trainer

CAN SIT UPS REDUCE BELLY FAT?

While doing sit ups or crunches may not help you lose belly fat, they do help to tone and strengthen the main abdominal muscle, the Rectus Abdominus.

It is diet and overall exercise that helps you to lose fat everywhere, not just in one spot.



I HAVE A FOAM ROLLER AT HOME, BUT DON'T KNOW HOW TO USE IT. WHAT CAN I DO ON THE FOAM ROLLER?

Foam rolling is a form of self-massage that gets rid of adhesions in your muscles and connective tissue. It also increases blood flow to your muscles and creates better mobility, helping with recovery and improving your performance.



Foam rolling can be done before or after any workout.

There are a variety of exercises that you can do using a foam roller. Below is an example of one exercise.

Back: Lie face up with foam roller horizontally under your upper back (below shoulder blades), knees bent, feet flat, and hands behind head.

Tighten abs and press into feet, lifting hips slightly and slowly roll from upper to middle back. Find a tender spot.

Hold for approximately 15-30 seconds, release and repeat.



Need answers to your fitness questions? You can email fitness@aurora.ca and one of Club Aurora's fitness professionals would be happy to answer your fitness and exercise questions.

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Let us help you achieve your health and fitness goals!

A ONE HOUR WORKOUT IS 4% OF YOUR DAY. NO EXCUSES.

AURORA'S 2024

ARCTIC ADVENTURE

Aurora Town Park - 49 Wells Street

Celebrate Family Day Weekend

Free activities to enjoy!

Saturday, February 17 | 6 p.m. to 8 p.m.

Speaking of Wildlife Show • Storywalks
Campfires and more!

Monday, February 19 | 10 a.m. to 4 p.m.

Snow Tubing • Inflatables • Activities
Fire Juggling, Canadian Lumberjacks,
& Speaking of Wildlife Shows

For more details, visit

aurora.ca/ArcticAdventure

905-726-4762 • #AuroraArcticAdventure   

Some activities are weather dependent. Please note, we reserve the right to cancel, amend or change activities.

Event Sponsors

