

January 2024

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WHY RESOLUTIONS FAIL (AND HOW TO SUCCEED)

Reprinted from The Fitness Source, January 2018

Whenever a new year rolls around, it is common to make a resolution or two. It is also common to fail at these resolutions; so much so that many have abandoned the concept altogether! Kind of sad, right?

Luckily for you, there are some common mistakes that are made when choosing a goal and this article is going to help you avoid them.



The first mistake that you may be making is having an unclear goal. If you do not define the parameters of what it is that you want to achieve, how can you expect to achieve it?

Tip: Try asking yourself the following questions: What do I want to achieve specifically? (i.e., lose 10 lbs.; lose 12 lbs.); what will it look like when I have achieved this goal?

Once you have chosen your goal, it is honesty time. Being honest with ourselves is harder than we think. Now is the time to make sure you are realistic with yourself about your capabilities and habits and therefore what **you will actually be able to implement**. Too often people take New Year's as an opportunity to do an overhaul on themselves, attempting to change their entire lives overnight and expecting it to last. If you do this, you will burn yourself out and become disheartened.

Another, and perhaps more important, part of honesty time is making sure you know **why** you chose this goal. Did you choose the goal of a healthier diet because you actually want to, or because you felt like you should? Being successful is significantly more likely if you are pursuing a goal that means something to you on a personal level.

Okay so you have defined your goal, and now it's important to make a plan of attack! This means you have to think about what you're going to do on a day-

to-day basis that will bring you closer to success. What are the baby steps you will take to get there? Also ask yourself how long all of this will take on a macro and micro scale; meaning you need to figure out how long it will take you to achieve the entire goal (two months? 8 months?) and how long you will have to spend each day or week working towards it.

Tip: When planning, take the amount of time you think it will take you each day and double it to be safe.

You must also make sure you are in the right mindset for your resolution and realize that it will take patience and/or discipline at some point. If you don't prepare yourself for obstacles, you won't know how to handle them when they inevitably arise. Think about who you are and what your weaknesses are so you can try to predict when you have difficulty, what will distract you, and what will tempt you to give in. Alfred Montapert said, "expect problems and eat them for breakfast".

Finally, be nice to yourself. Try to exercise your self-discipline muscle when you have a decision to make. But if you get to a personal checkpoint, and you realize that you didn't do all 5 workouts, but you did do 3, then be sure to recognize your successes and celebrate what you did achieve before addressing what went wrong.



HOLIDAY SCHEDULE – DECEMBER 23, 2023 TO JANUARY 5, 2024

Have fun over the holidays! We have family fun activities for everyone to enjoy including swimming, skating, gymnasium, fitness classes and more.

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.).

For a complete list of all available programs and activities during the Winter Holiday Schedule, please visit our [Holiday Schedules](#) webpage.



WINTER 2024 PROGRAM GUIDE

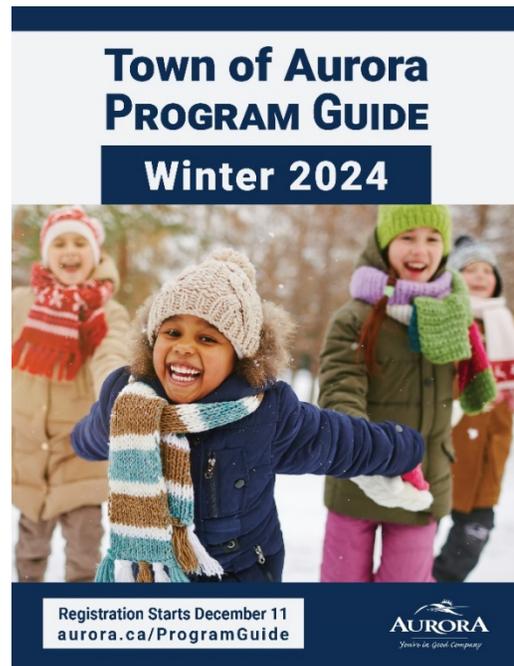
The Winter 2024 Program Guide is now available for online viewing on our [Program Guide](#) webpage.

Registration Dates – Online & In-Person

Recreation Programs – Winter	
Residents	Non-Residents
December 11	December 18
Aquatic Learn to Swim Programs – Winter	
Residents	Non-Residents
December 13	December 20

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.



**Town of Aurora
PROGRAM GUIDE
Winter 2024**

Registration Starts December 11
aurora.ca/ProgramGuide

AURORA
Years in Good Company

WINTER 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 objective 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	Jan 11	1:55pm - 2:40pm	\$55.80/9 Older Adult	29871
			\$69.75/9 Adult	

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	*29887
			\$83.05/8 Non-Member	
Wed	Jan 10	7:30pm - 8:30pm	\$77.85/9 Member	29873
			\$93.42/9 Non-Member	



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	29874
			\$48.15/9 Non-Member	

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	29875
			\$60.75/9 Non-Member	



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
		7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	
Thu	Jan 11	7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	29877
		7:00pm – 8:00pm	\$108.00/9 Member \$129.60/9 Non-Member	



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	29878
			\$60.75/9 Non-Member	

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

e-PLAY

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



AURORA

Chicken & Spinach Skillet Pasta with Lemon & Parmesan

Total Time: 25 mins * Makes 4 servings * Serving Size: 2 cups



This one-pan chicken pasta combines lean chicken breast and sautéed spinach for a one-bowl meal that's garlicky, lemony, and best served with a little Parm on top.



Ingredients

- 8 ounces penne pasta of your choice (wheat pasta, whole-wheat pasta, gluten free pasta)
- 2 tablespoons extra-virgin olive oil
- 1-pound boneless, skinless chicken breast or thighs, trimmed (if necessary), and cut into bite-size pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided

Preparation

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes.
3. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.
4. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted.
5. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Nutrition Facts: Calories 335; Total Carbohydrate 25g; Dietary Fiber 2g; Total Sugars 1g; Protein 29g; Total Fat 12g; Saturated Fat 3g; Cholesterol 67mg; Vitamin A 7100IU; Vitamin C 31mg; Folate 155mcg; Sodium 499mg; Calcium 144mg; Iron 3mg; Magnesium 108mg; Potassium 685mg

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

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 (Mon and Wed). 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 teams 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	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
Round Robin	Fri Jan 12 to Mar 8 *No class Feb 16	6:00pm to 8:00pm	\$41.62/8 Member \$89.62/8 Non-Member	29886*

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
Advanced	Sat Jan 13 to Mar 2 *No class Feb 17	9:00am to 11:00pm	\$97.65/7 Member \$117.20/7 Non-Member	29882*
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 I IMPROVE MY BALANCE AS AN OLDER ADULT?

Balance is a very complex skill. It is mainly affected by three senses: sight, sound and touch, otherwise known as visual, vestibular and somatosensory.

As we age, things such as poor vision, inner ear problems, joint stiffness, fear of falling, medications and muscle weakness can throw our balance off making injuries much more likely.

It is estimated that about one-third of older adults 65 years of age and older fall each year.

Even a minor fall can have serious consequences when it comes to maintaining mobility.

Balance exercises can also make daily activities easier, burn calories, strengthen bones and improve brain function. This is to mention just a few of the many benefits of balance training.

Let's not forget that balance training is beneficial for people of any age!

Simple Balance Exercises



Tandem Stance

Tandem Stance

Stand next to a chair or wall for safety and stability.

Place one foot directly in front of the other foot, with the toes of one foot almost touching the heel of the other foot. Hold this position for 10 to 30 seconds then change feet.

Heel-Toe walking

Bring your arms to the side so they're parallel to the floor. Walk in a straight line, placing the back of your heel against the toes of your opposite foot. Move slowly and with control. Do this for 5 to 20 steps.



Heel-Tow Walking

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.



2024

MAYOR & COUNCIL
NEW YEAR'S
LEVEE

SATURDAY, JANUARY 6

9 a.m. to 12 p.m.

Aurora Family Leisure Complex - 135 Industrial Parkway North

Town of Aurora's Mayor and Council invite you to a:

MEET AND GREET
with Mayor Mrakas and Town Council

PUBLIC SKATE
9 a.m. to 11 a.m.

PANCAKE BREAKFAST
10 a.m. to 12 p.m.

ALL ACTIVITIES ARE FREE

aurora.ca/Levee

905-726-4762 • #AuroraLevee   

Please note, we reserve the right to cancel, amend or change activities.

