

## OCTOBER 2026

### Fall into Fitness

As the summer sun fades and the crisp autumn air moves in, our daily rhythms naturally begin to change. While it might be tempting to treat the dropping temperatures as an excuse to slow down and curl up indoors, fall is actually the perfect time to rejuvenate your workout routine. In fact, many fitness experts look at September and October as a "second January"—a natural reset button to establish healthy habits before the winter holidays arrive.



Here is how the changing season impacts your body, and how you can transition your workouts to make the most of the cooler weather.

#### 1. Upgrade Your Warm-Up

Cooler weather causes your muscles and joints to feel significantly tighter, especially during early morning sessions. To prevent injuries and stiffness, give yourself an extra five minutes for a dynamic warm-up. Skip static stretching and focus on movements that increase blood flow, like leg swings, arm circles, bodyweight squats, and light jogging.

#### 2. Layer Up Correctly

The key to staying comfortable as the temperature fluctuates is smart layering. Start with a base layer made of synthetic, moisture-wicking fabric to keep sweat away from your skin. Add an insulating layer (like fleece or wool) if it's exceptionally cold, and finish with a breathable, wind-resistant outer shell. You can peel layers off as your heart rate climbs.

#### 3. Rethink "Exercise"

Fitness doesn't always have to happen on a treadmill. Fall offers incredible opportunities for functional, everyday movement. Exploring local hiking trails, briskly raking leaves, or even spending an active afternoon walking around a pumpkin patch all count toward your weekly aerobic and strength goals.

# Staffing Update

Hi! I'm Reyna, and I've been working in the fitness industry for the past five years. I'm a STOTT-trained Pilates instructor with experience teaching Pilates, barre, spin, and a variety of group fitness classes. I'm also a graduate of Seneca College's Fitness and Health Promotion program. What I love most about fitness is connecting with people and creating an environment where everyone feels welcome, supported, and motivated. I

love helping people discover what their bodies are capable of, build confidence, and find ways to make movement something they genuinely enjoy. For me, fitness is about so much more than just a workout. It's about feeling stronger, healthier, and better in your everyday life. I'm so excited to be joining the Club Aurora team and can't wait to meet everyone!



Hello, my name is Saied. I first started working for Club Aurora in Spring 2024 as a Personal Trainer. Over the course of my career, I have earned 15 medals in Iran's National and Provincial Competitions, including Physical Fitness, Boxing, and Kickboxing.

I look forward to sharing my passion for exercise and physical fitness with the members of Club Aurora.



## Holiday Schedules



We have drop-in activities for everyone to enjoy. See holiday schedules for full details. Holiday schedules may differ from regular seasonal schedules.

Club Aurora is open regular hours on Saturday, October 10 and Sunday, October 11. All regular classes are being offered.

On Monday, October 12, Club Aurora is open 7 a.m. to 5 p.m. We are also offering Yoga Stretch at 9:15 a.m. and Aquafitness at 9:30 a.m. at the A.F.L.C. For a full holiday schedule, please click the link below.

[Holiday Schedules](#)

# CLUB AURORA WELLNESS SERIES

## Move Better, Live Better – Back Health & Breathing



### Wellness & Education Focused

A healthy back starts with strong movement habits and proper breathing. Many people are surprised to learn how posture, core strength, and breathing patterns can influence everyday comfort, mobility, and overall well-being. This educational, movement-based program will help participants better understand the causes of back pain, while learning practical strategies to support spinal health and move with greater confidence.

Presented in partnership with Honsberger Physio+, this course combines expert education with guided movement to improve postural balance, core stability, and functional movement. Whether you're looking to prevent future discomfort or simply move more efficiently throughout your daily activities, this program offers valuable tools to support long-term back health.

### Active Living Focused

Back discomfort can affect everything from exercise and work to simple daily activities. This specialized wellness program is designed to help participants better understand their bodies and develop healthy movement and breathing strategies that support comfort, strength, and mobility. Proper breathing techniques can improve posture, reduce tension, and enhance overall movement efficiency.

With individualized posture analysis and movement education provided in partnership with Honsberger Physio+, participants will gain practical knowledge and skills they can apply every day. Discover how small changes can make a big difference in supporting a healthier, more active lifestyle.

Learn more and register today for our [Wellness Series, Move Better, Live Better – Back Health & Breathing](#)

**Register Today**

## 2026 Municipal Election

# HOW TO VOTE

## IN AURORA'S 2026 Municipal Election

**Internet Voting:**  
**October 16 to 25**

**Advance In-Person Voting:**  
**October 17 to 21**

Vote by paper ballot

📍 Aurora Seniors' Centre

**Election Day In-Person Voting:**  
**October 26**

Vote by paper ballot

📍 Assigned Voting Location

\*There is no internet voting on Election Day.

[aurora.ca/Vote2026](https://aurora.ca/Vote2026)



### Are you ready for Aurora's 2026 Municipal Election?

Whether you want to know who is running in your ward, where to cast your ballot or how to get involved, sign up and learn about:

- 🔍 Who are the candidates
- 📦 Find out where and how to vote
- 📝 Update your voter information
- 📅 Stay on top of important dates

An informed community is a strong community. Stay connected and sign up for the latest election updates today at [aurora.ca/ElectionNews](https://aurora.ca/ElectionNews)

## Class Cancellation Procedure

Thank you for being a part of Club Aurora's fitness programs!

We know life can throw curveballs, and sometimes you might not be able to make it to your scheduled fitness classes. If that happens, please let us know as soon as possible.

By informing us of any last-minute changes or unforeseen conflicts, you help us offer your spot to another eager participant, ensuring everyone gets a chance to stay active and healthy.

Remember, cancellations apply to all group fitness, aquafitness, aqua leisure, and virtual programs.

To cancel your group fitness class registration, you can:

- Complete the online [Class Cancellation Form](#)
- [Email our Customer Service team](#)



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

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