CLUB AURORA FITNESS

THE FITNESS SOURCE

Your resource for all the latest information at Club Aurora

November 2026

There is Still Time

You don’t need to wait for January to start showing up for yourself.

As November arrives, it’s easy to feel like the year is winding down. The holidays are approaching, calendars are filling up, work gets busy, and the goals we set for ourselves back in January may feel a little further away than we expected.

Maybe you wanted to get stronger, feel more energized, build a consistent workout routine, or simply make more time for yourself. And maybe life didn’t go exactly as planned.

Here’s your reminder: **There is still time.**

There are still weeks left in this year to make progress, build healthier habits, and do things that make you feel good. You don’t have to wait until January 1st to start fresh, and you certainly don’t need to put pressure on yourself to accomplish everything before the year ends. Every day is another opportunity to take a step toward the person you want to become.

Progress Doesn’t Have to Be Perfect

Let’s be honest: life gets busy. Between work, family, social commitments, holiday preparations, and all the little things that fill our days, finding time to work out can feel like another item on an already overwhelming to-do list.

But here’s the good news: your workouts don’t have to be perfect to count.

You don’t need an hour at the gym every day. You don’t need the perfect program, the perfect schedule, or the perfect level of motivation. Some days, your workout might be a full strength-training session. Other days, it might be a 20-minute walk, a quick workout at home, or a little movement between meetings.

It all counts.

Instead of thinking, “I don’t have enough time to get a good workout in,” try asking yourself, “What can I do with the time I have today?”

Small efforts add up. Consistency is built through the choices we make again and again, not through a handful of perfect days. Give yourself permission to adapt your routine to your life rather than feeling like you have to rearrange your entire life around your routine.

As we move through November and into December, let’s shift the focus from trying to achieve everything to appreciating what we can do with the time we have.

You may not reach every goal you set this year, and that's okay. Progress isn't limited to a calendar year, and your health journey doesn't have a deadline. You can still get stronger, build confidence, improve your habits, and feel proud of yourself, one decision at a time.

You don't need to do more just because the year is almost over. You need to find ways to keep showing up that feel sustainable, enjoyable, and right for you.

So take that walk. Get in that workout, even if it's only 20 minutes. Rest when you need to. Enjoy the dinner, the celebration, and the moments that make life special. And when things don't go according to plan, give yourself the same encouragement you would give someone you care about.

There is still time to make progress. There is still time to prioritize yourself. And there is still time to finish the year feeling stronger, healthier, and happier.

Let's make these last two months about progress without pressure, movement without punishment, and a little more grace along the way.

Here's to showing up for yourself, exactly as you are, one day at a time.

You've got this! 💛

A Full House for the Aurora Fall Squash Championships



This past Saturday, October 24, 2026, the courts were buzzing with energy as we hosted the Aurora Fall Squash Championships. It was one of our most exciting tournaments yet, featuring 37 players battling it out across over 100 matches in five divisions!

From intense three-game nail-biters to incredible displays of sportsmanship, the level of play all day was outstanding. Whether you were on the court pushing your limits or cheering from the gallery, thank you to everyone who participated, spectated, and helped make the event run smoothly.

A special congratulations to our champions and top finishers in each division!

Tournament Results

A Division
• Champion: Greg Strong
• Finalist: Greg Gillespie
• 3rd Place: James Hunter

B Division
• Champion: Jimmy Paduraru
• Finalist: John Soans
• 3rd Place: Gord Campbell

C Division
• Champion: Brendan Summers
• Finalist: Jan Oroa
• 3rd Place: Iris Capristrano

D Division
• Champion: Joe Arteaga
• Finalist: Christian DeFreitas
• 3rd Place: Michael Hunter

E Division
• Champion: Ali Sangari
• Finalist: Mikhaila Jackson
• 3rd Place: Alice Tan

Hats off again to all our division champions and medalists, and a huge thank-you to everyone in our squash community who made the day such a huge success.

Keep practicing, stay active on the courts, and we look forward to seeing you all at our next event!

Christmas Market

Enjoy the holiday season at Aurora's Christmas Market - one of the Top 100 Festivals and Events in Ontario! This event is filled with good cheer, hands-on workshops and activities, fantastic seasonal vendors, food vendors and more. Check out different vendors on-site each night.

Dates - 2 x Weekends in 2026
> Friday, November 27 to Sunday, November 29
> Friday, December 4 to Sunday, December 6
Time - 5 p.m. to 8:30 p.m.
Location - Aurora Town Square (50 Victoria Street)
Admission - Free

Learn More

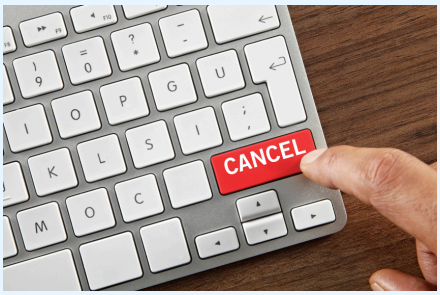
Santa Under the Stars Parade



This night time parade is full of magic, with beautifully decorated floats, incredible marching bands and a few special guests including the Jolly man-in-red himself. Remember to bring your letters for Santa as Canada Post will be out collecting them before the parade begins.

Date - Saturday, November 21, 2026
Time - 6 p.m. to 8 p.m.
Location - The parade will travel southbound along Yonge Street from Orchard Heights Boulevard to Murray Drive.

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 Cancelation Form**
- **Email our Customer Service team**

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