

SEPTEMBER 2026**Back to School, Back to Fitness**

The transition from summer to the school year is the perfect opportunity to reset your daily habits. While "back-to-school" is traditionally for students, September acts as a universal second New Year. It is the ideal time to establish sustainable fitness and wellness routines that will carry you through the remainder of 2026.

Here is how to build a routine, optimize your health, and master your mindset for the rest of 2026.

**Re-establishing the Routine**

Fix your sleep: Shift your bedtime earlier by 15 minutes each night until you reach your target. Quality sleep regulates hunger hormones and provides the energy needed for daily exercise.

Time-block your workouts: Treat your exercise sessions like non-negotiable appointments. Schedule them into your digital calendar with reminders.

The "Never Miss Twice" rule: If a hectic school or work schedule forces you to skip a workout, ensure you do not miss the next one. Consistency beats perfection.

Fitness for Busy Schedules

Leverage exercise snacking: Break your fitness into bite-sized pieces. A 10-minute brisk walk after lunch, a quick bodyweight circuit before breakfast, or taking the stairs all accumulate to significant health benefits over time.

Embrace functional movement: Incorporate physical activity into your daily tasks. Walk or bike for short commutes, use a standing desk, or do mobility stretches while catching up on your favorite evening shows.

Prioritize strength training: Muscle mass supports metabolic health, improves posture, and burns calories even at rest. Aim for at least two to three full-body resistance training sessions per week.

Nutrition and Hydration Strategies

Master the Sunday meal prep: Dedicate two hours over the weekend to chop vegetables, cook lean proteins, and portion out whole grains. This eliminates decision fatigue during busy weeknights.

Carry a reusable water bottle: Staying hydrated prevents false hunger cues, improves cognitive function, and keeps your joints lubricated for workouts. Aim for at least half your body weight in ounces of water daily.

Follow the 80/20 rule: Focus on nutrient-dense whole foods 80% of the time, and allow yourself flexibility for social events or treats for the remaining 20%. This prevents the burnout associated with restrictive dieting.

Mental Wellness and Consistency

Practice daily mindfulness: Spend just five minutes each morning practicing deep breathing or journaling. This lowers cortisol levels and sets a calm tone for the day.

Audit your screen time: The return to school and work often means increased digital strain. Establish a "digital sunset" by turning off screens 60 minutes before bed to protect your sleep quality.

Celebrate non-scale victories: Track your progress by how much energy you have, how deep your sleep is, and how your mood improves—not just by numbers on a scale.

By intentionally designing your back-to-school routine around movement, nutrition, and mental clarity, you set yourself up for a powerful finish to 2026. Small, daily choices compound over time into life-changing habits.

Fitness for Two: Why Aquafit is the Ultimate Workout for You and Your Baby

The postpartum period is a whirlwind of sleepless nights, diaper changes, and learning to navigate your new normal. Finding time to exercise can feel nearly impossible. However, you do not have to choose between bonding with your little one and breaking a sweat.



Working out with your baby—specifically through **baby-and-me aquafit**—**Diaperfit** is one of the most effective, gentle, and joyful ways to rebuild your strength while creating lasting memories.

Diaperfit

September 22 - November 24, 2026

Tuesday's 9:30 - 10:15 a.m.

Code: 40359

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, September 5 and Sunday, September 6. All regular classes are being offered.

On Monday, September 7, 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

Stronger, Smarter, Safer: Empowering Our Youth to Get Active

The ages between 10 and 15 are a game-changing window for physical and mental growth. At this stage, introducing kids to structured fitness does far more than just get them moving. It sets them up for a lifetime of health, energy, and confidence!

Here is why building proper fitness habits right now is the ultimate investment in your child's future.



1. Habits That Stick for Life

During these younger years, the brain is highly adaptable, making it the perfect time to lock in healthy routines. When pre-teens and teens experience the fun of fitness early on, exercise stops feeling like a chore and becomes a natural part of their lifestyle. Active adolescents are vastly more likely to stay fit, focused, and healthy as adults.

2. Form First: Safety Over Heavy Weights

Between 10 and 15 years of age, bones and joints are growing rapidly. That is why our coaching focuses heavily on proper technique. Learning how to squat, lunge, and move correctly before adding heavy resistance protects vulnerable growth plates and developing joints. Mastering these fundamentals builds incredible coordination and helps prevent injuries.

3. Boosting Confidence and Banish Stress

Fitness is just as important for the mind as it is for the body. Regular movement releases natural endorphins that help crush school stress, anxiety, and social pressures. There is nothing quite like the look on a teenager's face when they

master a new movement pattern or hit a personal milestone. This newfound physical competence transforms directly into unstoppable self-esteem in the classroom and beyond.

We love helping the next generation move safely and confidently, join our [Teenfit](#) and [Boxfit for Teens](#) programs offered at the A.F.L.C.

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](#)

New Fitness Programs for Fall

HEALING WATERS

Discover the healing power of water this Fall. Healing Waters is a gentle, therapy-based aquatic program designed to improve mobility, reduce discomfort, and support overall well-being. The buoyancy of water helps lessen stress on joints while providing natural resistance to strengthen muscles and improve balance in a safe, low-impact environment. This program takes place in the warm pool at the A.R.C.

BOXFIT, BOXFIT 55+ & BOXFIT for TEENS

Looking for a fun and effective way to improve your fitness this Fall? BoxFit combines high-energy cardio, strength training, and boxing fundamentals into one dynamic workout.

Participants will build endurance, increase muscle tone, and improve coordination through a variety of exercises designed to challenge and motivate all fitness levels.

Led by an N.C.C.P. Certified International Boxing Coach, this program offers a supportive and engaging environment where adults and teens can learn proper boxing techniques while gaining confidence, relieving stress, and having fun. No experience is necessary. Just bring your energy and get ready to move!

PILATES FOR STRENGTH & BONE HEALTH

A thoughtfully designed Pilates class that prioritizes bone density through adapted mat and functional movements. This class focuses on building strength, improving balance, refining alignment, and applying safe spinal loading to support long-term skeletal health. Emphasis is placed on strengthening the muscles that support the spine, enhancing coordination, and reducing fracture risk, making it an excellent choice for maintaining and protecting bone health over time.

To see all the program we offer, check out our website.

[Visit our Website](#)

A.R.C. Pool Closure

A.R.C. Pool Closure - September 5 to 20

The A.R.C. Canadian Tire Aquatic Centre Pool will be closed for annual maintenance. Please click below for all swims scheduled at the A.F.L.C. Desjardins Pool during this time

[Swim Schedule](#)

2026 Municipal Election

Stay connected to everything you need to know.

AURORA'S 2026 Municipal Election

**AURORA
VOTES
2026**

Sign up for Election News
to receive updates on:

- Important dates and deadlines
- Voting information and locations
- How to participate in the election

aurora.ca/ElectionNews

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

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](#)



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