

# GROUP EXERCISE NEWSLETTER

## Did You Know?

The Vaughan Athletic Center just celebrated its 17th anniversary! Vaughan Athletic Center opened on September 1st, 2005.

## New Group Exercise Schedule Highlights:

**BOOst your Fitness Routine** – Are you ready to take on the challenge?



### Fox Fitness – Eola

- **\*NEW\*** Join Nickole for Cycle on Mondays at 7am and give our new bikes a try!
- Tabata with Magda is back on Tuesdays at 5:30pm!
- **\*NEW\*** Come meet Amy on Saturday mornings for Cycle at 7:30am!

### Fox Fitness - Vaughan

- **\*NEW\*** Annette has added Yoga Stretch & Strengthen to our evening offerings Tuesdays at 6:15pm!
- **\*NEW\*** “Included in membership, new members get eight weeks of guidance for exercise adherence. Current members of Vaughan that attend classes regularly can also get the opportunity to provide weekly feedback to be entered into the raffle.



Amy

For more information, speak to a Membership Services Representative.

## Other Fox Fitness Happenings:

**\*NEW\***: Exercising with Parkinson’s at Fox Fitness Vaughan. If you or someone you know could benefit from exercise specific to those that struggle with quality of life and mobility, we can help. Increased muscle tone and facial expressions and decreased rigidity and tremors are just some of the benefits participants may experience. The next session runs from October 11th – November 15th on Tuesdays from 12pm-1pm upstairs in the group exercise room. \$75 members, \$100 residents, \$150 non-residents. (activity code: 241405-02)

Xtreme Hip Hop Pop Up in The Park participants had an awesome time on August 13th at MLK Park! All participants received their choice of a free Fox Fitness water bottle or coffee mug!



The final Pop Up in the Park for this summer will be on September 10th with Patrice at Blackhawk Park at 9am! The park is located at 14

Blackhawk St in Aurora. No registration necessary and the event is free to the community. Bring your friends and family!

## Quote of the Quarter:

Motivation is what gets you started.  
Habit is what keeps you going.



For schedules and more information: [foxfitness.info](http://foxfitness.info)  
Follow Fox Fitness on social media, like and share!

Facebook: Fox Fitness, Instagram: [foxfitness](https://www.instagram.com/foxfitness)  
Twitter: @FoxValleyParks



## Recipe:

### Pear, Prosciutto & Hazelnut Stuffing

Crisping the prosciutto and toasting the nuts adds a powerful punch of flavor to the stuffing without going overboard on fat. Diamond Brand now makes packaged

chopped hazelnuts, available in most major supermarkets.

**Nutrition Profile:** Diabetes Appropriate, Healthy Weight, Heart Healthy, High Fiber, Low Calorie, Low Cholesterol, Low Saturated Fat

SERVES	PREP TIME	TOTAL TIME
12	1 hr	2 hr 15 min

### Directions

#### Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 4 ounces prosciutto, thinly sliced, cut into ribbons
- 2 cups onion, chopped
- 2 cups diced fennel bulb
- 1/4 cup minced shallot
- 2 teaspoons minced fresh sage
- 2 teaspoons minced fresh thyme
- 1 teaspoon minced fresh rosemary
- 8 cups stale baguette, preferably multi-grain (not sourdough), cut into 1/2-inch cubes
- 2 Bosc pears, ripe but firm, chopped
- 1/3 cup chopped flat-leaf parsley
- 1/3 cup chopped hazelnuts, toasted
- 1 14-ounce c reduced-sodium chicken broth
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

### Cooking Instruction

#### Step 1

Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

#### Step 2

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, about 5 minutes. Drain on a paper towel.

#### Step 3

Wipe out the pan and heat the remaining 2 teaspoons oil over medium-high heat. Add onion, fennel and shallot and cook, stirring, until softened and beginning to brown, 6 to 8 minutes. Add sage, thyme and rosemary and cook, stirring, for 1 minute more. Transfer everything to a large bowl and gently stir in bread, pears, parsley, hazelnuts and the prosciutto. Add broth; toss to combine. Season with salt and pepper. Spoon the stuffing into the prepared baking dish; cover with foil.

#### Step 4

Bake for 40 minutes; remove the foil and bake until the top is beginning to crisp, 25 to 30 minutes more.

### Nutrition

- Serving: Per serving
- Calories: 176
- Carbohydrates: 29g
- Fat: 5g
- Protein: 9g
- Dietary Fiber: 6g
- Saturated Fat: 1g
- Monounsaturated Fat: 2g
- Cholesterol: 8mg
- Potassium: 687mg
- Sodium: 489mg
- Exchanges: 1 1/2 starch, 1 vegetable, 1/2 fat
- Carbohydrate Servings: 1 1/2