

Reader provides ?eight tips? on how to properly use Aurora Family Leisure Complex

As an Aurora resident, and long standing member of the Aurora Family Leisure Complex, I have been saddened to see the letters from existing members who are unhappy with the renovations.

The complex has been open for almost a month now so as a regular attender over this period I would like to offer Eight Tips that might assuage members' concerns and thus ensure that they have a better user experience.

1. Ladies Showers: Switch all the showers on ten minutes before you finish your work out (this includes the disabled showers). By the time you have finished, the water temperature will have reached a nice tepid (admittedly not hot) temperature.
2. Soap dispensers in the ladies showers near the sinks: Don't put anything other than your hands anywhere near the dispensers as the way they are positioned means that you are likely to get a cosmetics bag/hair dryer, towel, etc., full of soap.
3. Lockers (male and female changing rooms): If you are thinking of keeping your training shoes in your locker be sure to buy shoes that can bend easily (only applies to those with a shoe size of more than 36)
4. Using the aerobic machines (treadmills, ellipticals, arc, etc.) between sun up and sun down: Take along a pair of sunglasses and sun hat, plus a 30+ sun block if you burn easily.
5. If you are arriving before sun up or after sundown take a torch (strong beam). This will easily overcome the lack of lighting on the path to the entrance
6. If you are doing a spin class, arrive at least an hour before it starts so that you get a bike right next to the fan (side note: don't talk to the instructor as she/he won't be able to hear you anyway because the speakers are right behind her/his head)
7. If you are doing any of the exercise classes in the fitness room also arrive at least an hour before it starts so that you can pick one of the only two spots without direct sunlight (refer also to point 4 above re sunglasses, sun hat and sun block if your class is between sun up and sun down)
8. If you are working out in the weights area wear a good safety helmet and knee/elbow pads to avoid injuries when falling over the machines/other users.

I trust that these tips will help existing members but will also encourage new and returning members to enjoy their visit to the full.

Dr. Jules Richardson

Aurora