

NEWS

Linking care to the community

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Members of the Halton Hills Health Link include:

- Halton Hills Family Health Team (co-lead)
- Links2Care (co-lead)
- Acclaim Health & Community Care Services
- Alcohol, Drug, Gambling Assessment, Prevention & Treatment (ADAPT)
- Bennett Health Care Centre
- Community Care Access Centre Mississauga Halton
- Canadian Mental Health Association Halton

- Canadian Red Cross Peel Region
- Halton Community Legal Services
- Halton Healthcare Services Georgetown
- Halton Multicultural Council
- Halton Region Public Health Department
- Halton Region Paramedic Services
- Halton Regional Police Service
- Hope Place Centres
- North Halton Mental Health Clinic
- Summit Housing & Outreach Services
- Town of Halton Hills — Hillview Active Living Centres
- Young's Pharmacy

Bauer Painting

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PROFESSIONAL INTERIOR PAINTING



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Grand Opening

February 7th 9:00 am !!!!

Exclusive Pricing for Grand Opening
Come meet new owner Mike Drake,
proud Georgetown Resident!



THERE ARE 1,440 MINUTES IN A DAY. JUST GIVE US 30!

9Round™ is a complete 30 minute kickboxing workout on your schedule. Go nine rounds of kicking, punching and a whole lot of sweating! The best part is there's a trainer included every time at no extra charge. The first workout is always FREE, so what are you waiting for?



30 MINUTE KICKBOX CIRCUIT

- Unlimited Workouts
- Nutrition Guide
- 9 Round Gloves & Hand Wraps
- Trainer Included
- Nutritional Support
- Heart Rate Monitor

EXERCISE IN OUR 9 FITNESS STATIONS



STATIONS 1 - 2
Stations 1 and 2 consist of strength building.



STATIONS 3 - 8
You will strike a variety of heavy and speed bags.



STATION 9
Station 9 is dedicated to a core workout.

CALL NOW TO LOCK IN
OUR LOWEST MEMBER RATE!

YOUR FIRST WORKOUT IS FREE!

Month To Month Memberships Available!

Limit one per household. No cash value. Other fees and some restrictions may apply. Valid only for local residents on first visit at participating club.

9ROUND

30 MIN KICKBOX FITNESS

*9 Round Delivers total body results in quick 30 min. workout
No Class times and a trainer include every step of the way!*

905.873.7999

324 Guelph St., Unit #6
Georgetown, ON L7G 4B5

Hours of Operation

Monday - Thursday 8:00 am - 1:30 pm
3:30 pm - 8:00 pm
Friday 8:00 am - 1:30 pm
3:30 pm - 7:00 pm
Saturday 9:00 am - 1:00 pm