

HERE FOR THE SPORT OF IT!

Introducing THE HARBOUR CLUB

...the ideal blend
of location and facilities,
with
EVERYTHING
for fitness.

Located on the waterfront, just minutes from downtown Belleville, The Harbour Club Sports Complex will be setting the sports, fitness and social trends come this fall.

It will appeal to racquet sport enthusiasts, weight-lifters, swimmers, fitness buffs, or anyone at all interested in a bit of fun. The Harbour Club will have it all, at affordable membership rates.

NAME YOUR FAVOURITE

...chances are, we'll have it!

- indoor pool (25' X 60')
- 4 International squash courts
- 2 racquetball courts
- 2 tennis courts
- 13 Nautilus machines
- computerized exercise bicycles
- fitness/Aerobics classes
- saunas in both locker rooms
- Jacuzzis in both locker rooms

PLUS...

- Daycare
- Junior lounge with videogames
- pro shop
- 2 storey sports lounge/restaurant
 - outdoor patio on 2 levels
 - Satellite dish & large screen
 - suntanning beds
 - equipment rentals

A NICE SETTING

...can't take **ALL** the pain
out of getting fit,
but it sure helps!

By ensuring that we're offering the finest equipment and trained staff, we'll make the process of getting fit as painless as possible. We're paying attention to every detail.

Our staff of qualified professionals will work with you to develop a program that suits **YOUR** style ... your schedule, your level of fitness and your goals. We can develop a realistic fitness program by working with you.

A program that's individually tailored can mean a satisfying and rewarding schedule of work-outs, where all you lose is unwanted inches, and what you gain is a healthy mental attitude and trimmer shape.

