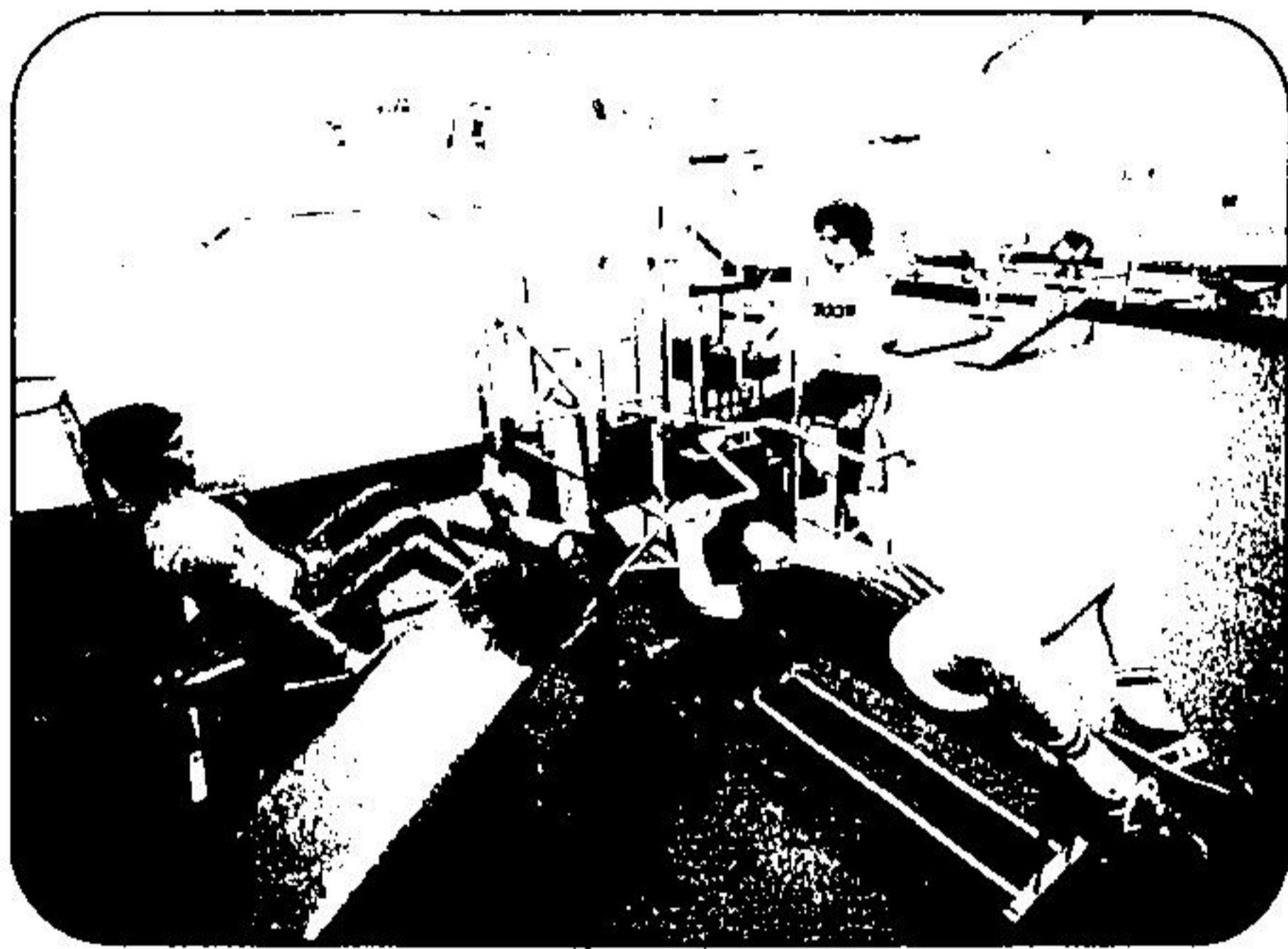


# keeping fit

## Getting in shape this winter!

Keep fit this winter at Regency Racquets Club, Brampton's only private racquets club. The club has facilities for exercising, swimming, squash, tennis, badminton along with a whirlpool, sauna, lounge and snack bar. Club director is squash pro John Frittenburg.



### EXERCISE . . . Who needs it?

*Men, women and children alike need proper exercise to maintain their health and fully enjoy life.*

Regency Racquet Club's professionally trained staff conduct a comprehensive fitness test and then personally show you how to get the most out of your individualized programme.

Fitness classes and clinics enable you to enjoy the separate men's and ladies' fully equipped fitness rooms, jogging tracks, saunas, whirlpools and sunrooms.

As the finest, private racquet and fitness club in the area, Regency

Racquet Club is unparalleled in its selection of facilities.

Squash, badminton, racquetball, handball and tennis enthusiasts have advance booking privileges on a total of fourteen courts — with no court fees.

You'll enjoy the pleasure of a swim in our 25-metre pool before joining your friends in our licenced lounge.

Our fee structure accommodates individuals, couples, families and groups of various sizes in both squash and fitness memberships.



# Regency Racquets Club

25 Kings Cross Rd., Bramalea  
792-2232