

Work that body into shape with aerobics

By GERRY TIMBERS
Herald Sports Editor

In the same wave that has already brought us John Travolta in 'Stay-in-Alive', and CITY-TV's infamous '20-Minute Workout', Georgetown now has the Work That Body Fitness Centre.

And while owner Laurie Burns won't guarantee that 20 hours of aerobic dance will leave you looking like Travolta or Jennifer Beavoli of 'Flash Dance' fame, she does promise you will have some fun working out, while improving your overall fitness level at the same time.

"The media is the biggest thing for always pumping fitness at you, and people are finding they want to devote a little more time to recreation," Burns, a former swimming instructor who has been leading fitness classes for eight years now, said in explaining the increasing popularity of aer-

obics and aerobic dance. "That's how I like to promote it, that fitness is fun. It doesn't have to be hard work."

Burns, 24, opened her new 3,000 sq. ft. studio September 12, offering free classes throughout the first week in an effort to attract business. The interest level

was high, with 120 people attending each of the first two introductory sessions.

The female population were impressed. To this date, 250 local gals have registered for October classes. Strangely enough, though, no men have signed on.

Burns has an idea why that is, and a two-pronged plan to attract fellows to her new center.

"Just look at the TV, 99 per cent of the aerobics you see is done by women," Burns said. "The 20-Minute Workout is a perfect example."

After Thanksgiving, Burns plans to offer some free weekend classes in an attempt to interest men in aerobics. She also has plans for a 2,500 sq. ft. gym, complete with weight-training facilities, which she will open in an empty shop adjacent to the dance center.

Burns, who has made physical fitness a personal way of life, has been involved teaching exercise classes in Georgetown for the past two years. Her classes at the Gordon Alcott Arena and the Cedar-

vale Community Centre drew up to 175 people for each 10-week session.

In moving to her new location in the Guelphview Square, though, Burns is giving her classes a professional image. She is "preparing the type of facility the people of Georgetown need."

"We're not in a church basement anymore," she points out.

Burns teaches 20 hours of aerobics per week, and she employs one other full-time instructor, Virginia Walker. There are several part-time instructors associated with Work That Body, leading corporate fitness classes and sessions at three Sheridan College campuses. They also offer classes at the Castlemore Golf and Country Club in Brampton.

All instructors are trained in St. John's Ambulance first aid and CPR, and have attained a certificate from the provincial government in connection with their Fitness Ontario Leadership Program.

"We feel we offer safe, quality programs here," Burns said. "Our

instructors are good."

The programs available include aerobics for kids, teens and adults, dance classes for the ladies, and a 'Healthy Back and Stress Relief Program.' That includes what Burns calls "simple, basic exercises" for abdominal strengthening.

"That course is for chronic back sufferers who have sort of given up on life, feeling they can't do anything because of their back," Burns said.

For aerobics, it costs

\$55 for 10 weeks, with two classes each week. For an additional \$3 you can then attend an optional third weekly

class. For three weeks, the cost is \$75. The 'Healthy Back' program is \$80 for 12 classes over six weeks.



Aerobics instructor Virginia Walker watches her class go through the motions Thursday at 'Work That Body' in the Guelphview Square. So

far, about 250 gals have signed up for the new classes in a bid to shape up.

(Herald photo)

SCTV star a winner, too

Candy peewees win big

John Candy, star of S.C.T.V. and sponsor of the Georgetown Minor Hockey Association major peewee team, could not have wished for a better weekend!

First, "Candy Pro Hockey Rebels

By LEANNE MURRAY
Herald correspondent

The Georgetown District High School girls' field hockey season is now fully underway as the Rebels had two games last week and came out victorious on both counts.

In the first game, the girls travelled to Burlington Central High School and defeated the host team by a 1-0 score. The Rebels took the lead mid-way through the second half on a beautiful goal by Elaine Hughes, and that was all Georgetown needed to dispose of the Burlington team.

Later in the week, the girls were again the visiting team as they travelled to White Oaks in Oakville.

The Rebel girls had little trouble in defeating the Oakville team as they hosted a 2-0 score. Goals for Georgetown were scored by Connie Powers, and Barb McIntyre also scored on a penalty flick.

These back to back wins give the team a league record of three wins against no losses.

ductions" scored an impressive 6-1 win over the Mississauga North Stars on Saturday.

The forwards could not be contained, as Don Guest led his team with two goals, both assisted by Stuart Vogt. Then four more to follow scored by Vogt, Jason Knight, Jeremy Felce, and Greg Onoprijenko, assisted by Jeremy Felce, Ed Power and Kevin Roe.

It was a total team effort from all the players, including goalie Scott Compton, and his mates, Shane Reid, John Brooker, Charlie Hancock, John Wilson, David Ingles, and Daryl Sproule.

Outstanding performances were not limited to the hockey players as referees Mike Ross and Mark Dean performed well.

This high calibre of excellence associated with John Candy continued on Sunday evening as he and his S.C.T.V. compatriots walked away with an Emmy at the annual television awards.

Coaches Tom Davidson, Jim Pirie, Sean Milton and Herb Percival extend their congratulations to John Candy.

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FOR FURTHER INFORMATION: KEN CASALMAN — 453-8048
DANNE BLACKWELL — 877-7519

TOWN OF HALTON HILLS

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NOTICE

1983 Hunting Licences Rabbits and Pheasants

By-law Number 80-94 as amended by By-law 80-106 of the Town of Halton Hills and Section 44 (1) of the Game and Fish Act, R.S.O. 1980, Chapter 182, as amended permits municipalities to charge a fee and issue licences for the hunting of rabbits and pheasants in the open season:

Zone 79 — Rabbit October 19, 1983-February 29, 1984
Zone 79 — Pheasant October 19, 1983-December 15, 1983

Hunting Licences are available at the following stores and go on sale on SATURDAY, OCTOBER 1st, 1983 during normal store hours.

RESIDENT AND NON-RESIDENT LICENCES

1. J & T Sports 13 Mill Street E., Acton 853-3740
2. North Halton Sports 71 Main Street S., Georgetown 877-7777

RESIDENT LICENCES ONLY

1. Maple Rock Shooting Range R.R. T, Acton 853-0555
2. Hornby General Store R.R. 1, Hornby 878-3328
3. Fred's Live Ball & Tackle 6 Louise St., Norval 877-5355

NOTE: Maple Rock Shooting Range, Hornby General Store and Fred's Live Ball & Tackle have no Non-resident Hunting Licences.

In accordance with By-Law 80-94 as amended by By-Law 80-106, Non-resident Hunting Licences are restricted to 200 in total. J & T Sports will have 75 non-resident licences to be issued and North Halton Sports will have 125 non-resident licences.

NOTE: These licences are issued on a first come first serve basis and cannot be reserved.

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