



DEBI IRELAND



PAT MACLEAN

Fun with fitness at the Y

Herald Special
If you're turning over a new leaf in the fall with promises of doing more exercise, the Georgetown and District YMCA might have a program for you.

The Y has five qualified instructors teaching different kinds of fitness and dance with a class designed for a person's varying needs.

The veteran teacher in the pool is Cheryl Light-owers who supervises Aquafitness Sunday nights for a 10-week program. The fee is \$38 and if you bring a friend you save \$5 each.

For the landlubbers there are four programs to choose from. The "Take Off - Eh" Club is a 10-week session designed to promote fitness and nutrition while seeing if every participant can reduce by 10 pounds.

Included in the course are half hour talks about nutrition and a series of exercises you can take home and try when the group isn't meeting.

The "Take Off - Eh" group meets once per week and the course is taught by Marilyn McQueen in the daytime and Pat MacLean in the evenings. The fee is \$15.

A Morning Fitness Club is designed to lead participants through a variety of exercises to music. There will be warm-ups, cardiovascular exercises, and callisthenics with special attention to spot reducing such as the thighs, hips and abdomen, says instructor Marilyn McQueen.

For the last three years Marilyn has taught for Exclusively Yours health club where she was the assistant manager. She has training from the Ontario Leadership Program when she worked

for the Recreation Department.

Sandra Williams leads the Aerobic Dance course which is stressing "total fitness". Sandra has been teaching aerobics for the Y for the past four years.

She has studied dance for 20 years and was a student at the Royal Academy of Ballet in Toronto. Her course does not overlook the safety factor and each student is carefully monitored, including their heart rate.

Like other Y instructors, Sandra has her CPR (Cardiopulmonary Resuscitation) certificate and is trained in the latest methods to ensure a safe fitness program.

Bodyworks, a co-ed fitness course is taught by instructors Debi Ireland and Pat MacLean. The program is an intense, structured session of exercises done to current popular music.

There is also a Bodyworks Plus session that includes an extra cardiovascular component and more tone-up and general fitness exercises.

For more information on these courses call 877-6163. Registrations will be accepted until Sept. 15.



MARILYN MCQUEEN

Helpful students

Under the tutelage of teacher Charles Genore, the marketing club at Georgetown District High School went to work for the people organizing

the Fabulous Fun Tent for the Georgetown Fall Fair. Students created illustrations and made signs.

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At the Fall Fair Pick your favorite baby

Herald Special
The Georgetown Jay-cette Baby Photo Contest will be on display Wednesday, Sept. 5, Thursday, Sept. 6 and Friday, Sept. 7 in Zellers.

an opening below each picture into jars. The jar holding the most money will be declared the winner, and proceeds will be to further child related programs. In the afternoon of Friday, Sept. 7 the dis-

play will move to the Fall Fair, where again, the photos will be on display for the general public to vote. The contest closes 2 p.m. Sunday, Sept. 9 and the winners will be notified by phone Sept. 10

and invited to attend the prize giving Wednesday, Sept. 12. Good luck to everyone that has entered our Baby Photo Contest.

Gallery opening features 3 artists

While you're visiting the Georgetown Fall Fair Saturday a pleasant side trip might be to visit the Gallery House Sol which opens Sept. 8.

time". They mourn over the fall of man. Looking at them, one is reminded of the last lines in Blake's poem "A Prophecy".

April Quan works in leaded glass and produces small, precious items of great beauty, as for instance boxes, screens, glass pictures to hang against windows.

House Sol is on 45 Charles St., just a few steps from the Park Street entrance. Three artists will be there for the opening from 2 - 6 p.m. to explain their works and talk with patrons.

"But the five gates were consumed, and their bolts and hinges melted; And the fierce flames burnt round the abodes of men".

The exhibition hours are Tuesday to Thursday 2 - 8 p.m.; Friday to Sunday from 2 - 6 p.m.

The exhibition continues until Sept. 27. A husband and wife team from Toronto will be showing their drawings along with an artist who makes glass items.

His wife Elisabeth Heinen draws with pencil and brush. Hers is the lightest show. Her drawings of wildflowers in particular, but also of trees and German folk costumes, have earned her a name with connoisseurs.

Rudy Molz is a 20th Century William Blake. His ink drawings are artworks "for the end of

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235 GUELPH ST. 877-6232

Favourite Recipes GRANOLA COOKIES

1 cup butter or margarine
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2 eggs, beaten well
1 1/2 tsp. vanilla
1 cup raisins
1 1/2 cup flour (white or whole wheat)
1 tsp. soda
1 cup oats
2 cups granola cereal
1/2 cup walnuts

Cream butter till smooth. Add sugar and blend well. Add remaining ingredients and mix well. Drop mixture onto a greased cookie sheet. Bake at 350 for 10-12 minutes.

To participate in this feature call: 877-2201

Foodstuffs
92 MAIN ST. S. GEORGETOWN 877-8569

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