

Exclusively Yours

Downtown Georgetown's fitness facility

Hiding behind your winter coat? With the warm weather around the corner, you won't be able to do that for much longer. Exclusively Yours is offering five aerobics classes a day to trim you up and encourage you to leave your coat behind.

The health and fitness facility for men and women is located right in downtown Georgetown and even has a pool. The indoor pool is heated to 82 degrees, owner Sue Tinsley said. If you like warmer water to relax in after your workout, there's the

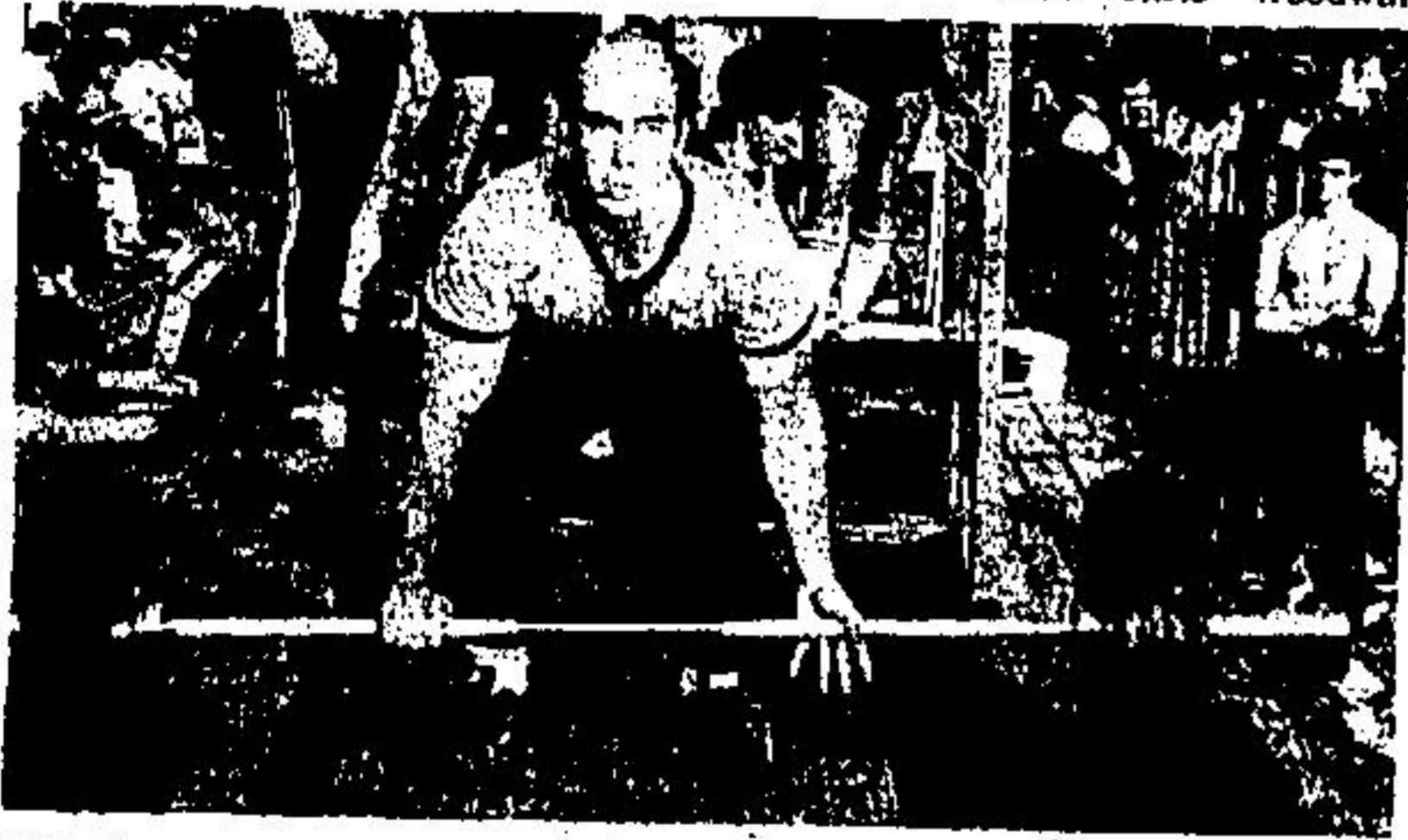
whirlpool. It's heated to 102 degrees. Exclusively Yours also has a sauna, showers, weights, stationery exercise equipment, a universal gym and a sun bed room. New owners Les and Susan Tinsley and Frank and Chris Woodward

bought the facility in December. They've got three fitness instructors doing the aerobics classes: Chief instructor Maureen Bewley, Coreen Ross and Antoinette Digallionardo. The three also set up personal exercise programs for the ladies. Grant Richardson sets up exercise and weight programs for the men. He also teaches women who want to learn how to use the weights. Open seven days a week, the club has specific hours for just ladies and just men. There are also co-ed hours and family hours.

Ladies days are Mondays, Wednesdays and Fridays from 8 a.m. to 10 p.m. Friday nights, they get an extra half hour. Tuesday and Thursdays, ladies can use the facilities from 8 a.m. to 12 noon. Men's hours are Tuesdays from 12:30 p.m. to 10 p.m. Thursdays from

5 to 10 p.m., and Saturdays from 8 a.m. to 12:30 p.m. Co-ed hours at the club are Thursdays between 1 p.m. and 4 p.m. and Saturdays from 5:30 p.m. to 8 p.m. Sunday afternoons, Exclusively Yours is open for the whole family.

"There's a relaxed atmosphere at the club," Mrs. Tinsley said. "A lot of them (members) spend several hours here." The fitness club has a street address of Wesleyan Street, but the entrance is off James Street, across from Mackenzie Buildall.



Muscleworks is a local weightlifting facility in downtown Georgetown. Last summer at Pioneer Days in June they put on a powerlifting demonstration in front of the crowds.

History of hair waxing

By **BARB PRESSWOOD FROST**
In 3000 and 4000 B.C. Mediterranean and Oriental areas of the world mention in their religious and historical papers of customs and laws which decreed the removal of body hair. They mixed quicklime (natural trisulphide) and starch into a paste with water and externally used to remove hair by women in oriental harems. Egypt in 1500 B.C. Cleopatra removed unwanted hair by methods in vogue sugar and lemon. The thread method used in Morocco by men and women all over their bodies this was considered very sensuous. They did this by holding a thread between the teeth and hand rolled very quickly. They say parents of two week old girls did this to prevent her from having unwanted hair. This battle women have been fighting for

thousands of years was at one time thought to be inherited but endocrinologists say hirsutism is our second largest glandular disorder in the U.S. second to diabetes. The American Indian natives still are using extract of coco de monatoes and where plucking their scant beards using clam shells as tweezers. To think we have been cutting, shaving, dissolving, burning, pulling, plucking, digging out and rubbing off enomey to civilized, sensuous vogue women. The search for the miracle formula for permanent hair removal goes on but for now the best and most permanent areas the best method is used by aestheticians is hair removed by waxing. This is temporary the reason for going through this discomfort and expense instead of shaving or

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Favourite Recipes

GRATED SALAD

3 c. grated Cabbage
2 c. grated Carrots
1/2 c. finely chopped peeled Broccoli stalks
1/5 c. Sesame seeds, ground or whole
1 Tomato diced
1/2 Avacado peeled pitted & cubed, then dipped in lemon juice to prevent darkening.
1/2 c. chopped Cucumber
1/4 c. chopped Green Pepper
1/4 c. chopped Celery
HOMEMADE DRESSING

In a large bowl combine the caggage, carrots, broccoli stalks and sesame seeds. Garnish with the tomato, avacado, cucumber, green pepper, and celery. Toss with dressing at the table. (8 servings)

Foodstuffs
92 MAIN ST. S.
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SPECIALS THIS WEEK

POPPING CORN
45° LB.

COFFEE BEANS
3.98 LB.

ENGLISH WINE GUMS
1.99 LB.

HONEY
99° LB.

Foodstuffs