

Unique family atmosphere at "Spa and Fitness"

You'd be hard pressed to find a cozier location for a fitness club than the one that houses Georgetown Spa and Fitness Centre.

Located in downtown Georgetown in what was originally a farmhouse, Georgetown Spa and Fitness Centre offers a unique atmosphere that its staff reflects in its "family" approach to its members.

"It's more of a social place," says head instructor Antoinette DiGalloardo. "People can come in

and relax in the whirlpool, they can work out on their own or we'll help set them up with a fitness program and we'll provide classes, for moral support."

The club offers about nine exercise classes per week as well as specialty programs such as aquatic fitness (a very popular class, according to Ms. DiGalloardo), parent and tot classes and a Tai-Chi program (relaxing oriental fitness classes based upon ancient martial arts movements) which is just in the process of being organized.

A well-stocked fitness room provides the club's membership (about 250-300 at the moment) with Universal gym weight training equipment, rowing machines, exercise bikes, treadmill and free weights.

The club also boasts a wet sauna, whirlpool, indoor pool and a sun-tanning centre. Ms. DiGalloardo as well runs an esthetic centre out of the health club, offering a wide range of health and beauty products and services including facials, manicures, pedicures, hot oil treatments, make-up applica-

tion, massages and body wraps.

Krys Woodward, owner of Georgetown Spa and Fitness Centre for the past four years, says physically the club has expanded about as much as it can but there are definite plans for growth in other areas. "Programs, most definitely, will expand," she says. "We've got several ideas. We'll also expand our line of equipment."

Meanwhile, Krys and Antoinette will continue to provide a healthy service to Halton Hills residents that's been familiar since 1962

when the club originally opened its doors. It's a service that's had satisfied members coming back for over 20 years.

"I've got nothing but positive things to say about the staff, I can't pay Krys and Antoinette on the back enough," says member Elaine Vanderburg, who's been using the club since 1986.

That kind of endorsement highlights the club's motto - "exclusively yours" - and it's one that the Georgetown Spa and Fitness Centre will continue to emphasize in the future.



Who said working out was hard? Antoinette DiGalloardo, head instructor and esthetician at Georgetown Spa and Fitness Centre, finds it easy to smile while working her back muscles on the pull-down machine. The downtown spa offers members a full line of weight training equipment, fitness classes, pool and sauna and beauty treatments for the ladies. (Herald photo)

Local businessman heads to Far East

For the second time in two years, Acton businessman Bob Young is going to China.

But it's no pleasure trip, as Mr. Young will instruct business people in Hong Kong on the finer details of computer programming.

Mr. Young owns an accounting and computer business on Acton's Mill Street, but the seminars he gives overseas are not particularly related to his professional calling.

China, "the world's capital for cheap pirated software," is a country in need of computer instruction, said Mr. Young.

The audience in the seminars is a broad range of the population, including business people, bankers and government workers, said Mr. Young. But they all come for the same thing: to learn better computer communications.

In his goal to teach seminars in such countries as Australia and

China, Mr. Young gets assistance from the government.

"I can contact a Canadian embassy anywhere in the world, tell them what I want to sell and where I want to sell it."

Mr. Young said the secret of his success if the contacts he gained initially through the Canadian embassies, but he has since established his own representative in Singapore, China.

Mr. Young will conduct a seminar in Washington, D.C. in June entitled "How to Market Computer Services Overseas." He knows what he's talking about. On his first trip overseas, he covered seven countries in a month.

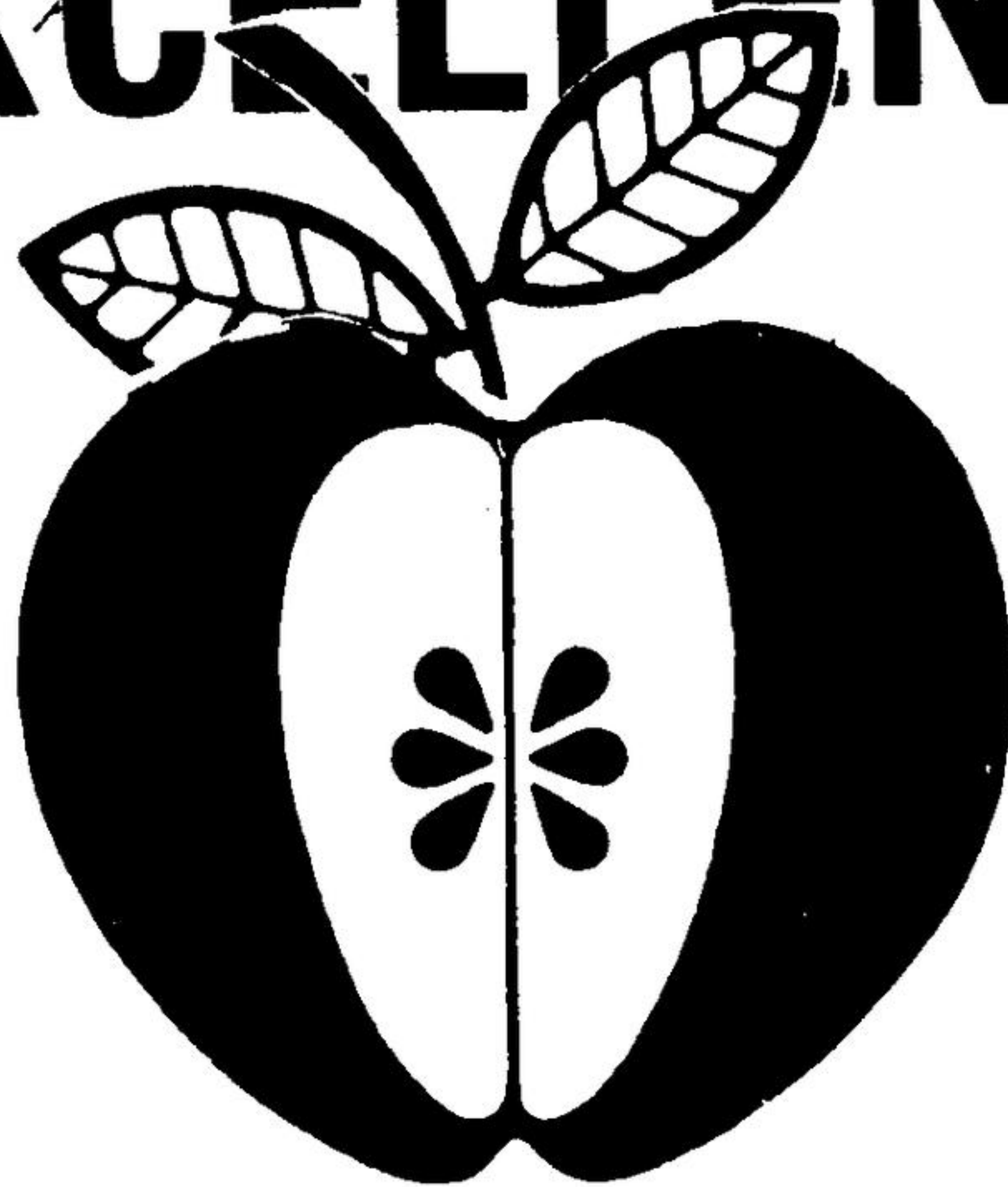
"I was exhausted," he said, "but it was fun. It was worth it."

Mr. Young's latest trip abroad begins Feb. 12 and will last for two weeks. Although the 10 working days are not long enough, Mr. Young said he must get back to his office for tax time.



BOB YOUNG AT HIS COMPUTER

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