

GEORGETOWN FITNESS BOOT CAMP

Georgetown's ORIGINAL and

#1 fat loss program

Expect these RESULTS:

- 3-5% Reduction in Body Fat
- Greatly Improved Posture
- Better Relaxation
- 5-12 Pounds of Weight Loss
- 1-3" decrease in your midsection (minimum)
- 25% improvement in Endurance & Strength
- 100% Gain in Energy + Self Confidence!

The most effective, fun & affordable fitness 'Body Make-Over' Fitness Solution ever crafted.

No matter your age, size or fitness level, you can achieve great results. Whether you are a beginner, an avid fitness enthusiasts or just tired of the same old routine... you will achieve amazing results!

You have nothing to lose except the pounds!! No contracts - the most affordable boot camp program!!

***Now with a location in ACTON**
647-988-4237

www.georgetownfitnessbootcamp.com



Before



After



Before



After



Grade 9 students (from left) Sarah Ansinson, Gage Cartwright, Jake Claer and Cameron Buchanan were among the many GDHS students who picked up some garbage around the school as part of the 22 Minute Makeover. Photo by Ted Brown

Earth Week events prove popular

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to the Operations Centre and bought about 1,000 trees. They also dropped off hazardous and electronic waste, and picked up 200 cubic yards of compost About 690 lbs. of food donations and \$1,110 were collected at the Operation Centre to be split between the Acton and Georgetown food banks. An additional 280 lbs. of food and \$90 were collected at the Environmental Expo at Georgetown Market Place.

To date, approximately 10,000 trees have been sold by the Town during Earth Day celebrations.

About 60 people toured Devereaux House and checked out the features such as on-demand water heating, energy efficient lighting, geo-thermal heating, low-flow toilets, biofilter septic system and zoned indoor heating.

Georgetown Market Place was another busy spot on Earth Day. With a biodiversity theme, the events featured a live bird exhibit and an animal balloon-sculpting clown. There was also an Environmental Expo.

The Town distributed free Energy Saving Kits— provided courtesy of Union Gas.



Learn. Explore. Discover.

OPEN HOUSE

Wed, May 12th 10 am - 8 pm

Spaces are still available!

Nursery School Program

2 1/2 to 4 years old

Mon - Fri (Morning, afternoon or full day)

JK Program

4 years old

3 full days (Mon, Wed, Fri)

2 full days (Tues, Thurs)

5 full days (Mon - Fri)

11643 Trafalgar Rd. (North of Maple Ave.), Georgetown, ON

Call 905.877.4221

www.harmoniypreschool.ca