

Canada's Fitweek '92



Celebrate active living



RECREATION AND PARKS DEPARTMENT

EVENT HIGHLIGHTS

SUNDAY, MAY 24, 9:00 A.M.

Halton Hills Bike-a-thon in support of the North Halton Association for the Developmentally Handicapped. Start/Finish is at the Georgetown District High School
WEDNESDAY, MAY 27

- 8:45 A.M. Halton Hills Chamber of Commerce & State Farm Insurance will be exercising to music in front of office on Guelph St.
- 9:00 A.M. Golden Age Club in Acton will be walking the track at Prospect Park
- 9:00 A.M. Georgetown District High School will commence their annual walk around the block Acton District High School, Walking, Cycling, Roller Blading, Baseball and Basketball
- 9:15 A.M. Moore Place Daycare, 15 minute Nature Walk around the block
- 9:30 - NOON & 7:00 - 11:00 P.M. Gordon Alcott Tennis Club, matches at the G. Alcott Courts
- 9:30 A.M. YMCA Parents & Kids Fitness, Odds Fellow Hall, Georgetown
- 9:45 A.M. Downtown Businesses will be going for a walk to the Fairgrounds
- 10:15 & 3:15 P.M. Town of Halton Hills Employees will be participating in fitness breaks
- 10:30 A.M. & 2:15 P.M. Little Cherub Nursery School Walking
- 11:00 A.M. Acton Parent-Child Resource Centre will walk in the Park
- 11:30 A.M.-12:45 P.M. Daytime swim at the Georgetown Indoor Pool FREE!
- 12:15 Georgetown Terminal Warehouse & Elliotts Custom Brokers all employees will walk from 34 Armstrong Avenue to corner of Mountainview and back
- 1:00 P.M. Special Needs Drop In, Fitness Stretch, Acton Legion
- 6:30 P.M. Georgetown Ladies Powderpuff, baseball games at the Georgetown Fairgrounds
- 6:45 P.M. TOPS Inc. Brisk Walking in Georgetown
- 7:00 P.M. YMCA Fitness Class, McKenzie Smith
- 7:30 - 8:30 P.M. Acton Indoor Pool Free Family Swim, Georgetown Indoor Pool Free Public Swim
- 7:30 P.M. Recreation & Parks Department, Lawn Bowling Class, Edith Street
- 7:45 P.M. Recreation & Parks Department Countdown to Fitness Class, Joseph Gibbons School
- 8:00 P.M. Pine Valley Square Dancers, Pineview Public School
- 8:00 P.M. Halton Adult Badminton Club, baseball game
- 8:30 P.M. Recreation & Parks Department, Water Exercises Class, Acton Indoor Pool
- All Day Work That Body Clubs and individuals will be testing their own fitness levels in the Participation Circuit Challenge, Free use of all facilities
- All Day Andrews Scenic Acres 10,000 strawberry plants will be planted in 2 acres
- All Day Riverside Spa/Club 2000 Free swimming, aerobics and Step Reebok classes, New Nature Trail, Classes every 1/2 hour 5 to 8 p.m.

THE ULTIMATE INDIVIDUAL EXERCISE CHALLENGE

Gather up your group of interested individuals and book a time at Work That Body, or come on your own at your convenience. You will be put to the challenge at various stations. Your fitness level will be determined under the safest conditions. We promise you will have fun! Although you are competing against yourself, you will also be competing against other groups. The organization with the greatest enthusiasm level and highest participation rate for being active, will be awarded a trophy! Call 877-0771.



Halton Hills

BIKE-A-THON

Sunday, May 24th

A Bike-a-thon has been organized by the North Halton Association for the Developmentally Handicapped on Sunday, May 24th. Registration is from 9:00 a.m. to 10:00 a.m. and the starting time is 9:30 a.m. Prizes will be available and funds raised will be used to support the North Halton Association for the Developmentally Handicapped. Pledge forms are available from the Town or the N.H.A.D.H.

PARTICIPATION CHALLENGE

Crownlife WED., MAY 27th

THE CHALLENGE -

The Town of Halton Hills has challenged the Town of Milton to a rematch! In 1987 they beat us by a mere 1.5%. This year we welcome the opportunity to prove our community is more active than their's in this friendly one-on-one fitness contest. Please help us win by calling in your participation.

WHAT TO DO -

The help in this year's challenge, you just need to participate in any physical activity, which will make your heart beat faster (ie walking, gardening, lawnmowing, housecleaning, aerobics) and do it for 15 continuous minutes. You may even choose to join in any of the events as listed on this page. Then call in your activity to the Civic Centre number listed below and help us beat Milton!

873-2600



Make a Change for the Better

Bring this Membership in to

WORK THAT BODY

and Use Our Facilities FREE FOR ONE WEEK

Redeem by June 15, 1992

"I HEARTILY RECOMMEND WORK THAT BODY"
-R. Lorito

"WE ALL HAVE FUN TOGETHER"
- G. Johnston

"A HEALTHY ENVIRONMENT FOR FUN & FITNESS"
- Dr. Barbara Clive

"EXERCISING REALLY MAKES ME FEEL GOOD"
- Siena Vanhoekelen

Over the years, we've been helping our members change their lives for the better while giving you lots of great reasons to join. Reasons like our state-of-the-art fitness programs and our staff; a group of highly trained professionals offering the kind of personal service you'd expect. Some of our members have even given you their own reasons for joining. From fitness to weight loss to managing, the stress of a full life, each has found WORK THAT BODY to be the perfect addition to their lives.

232 Guelph St., Georgetown

NOT VALID WITH ANY OTHER PROMOTION.

For Information on our June Specials call:

877-0771