

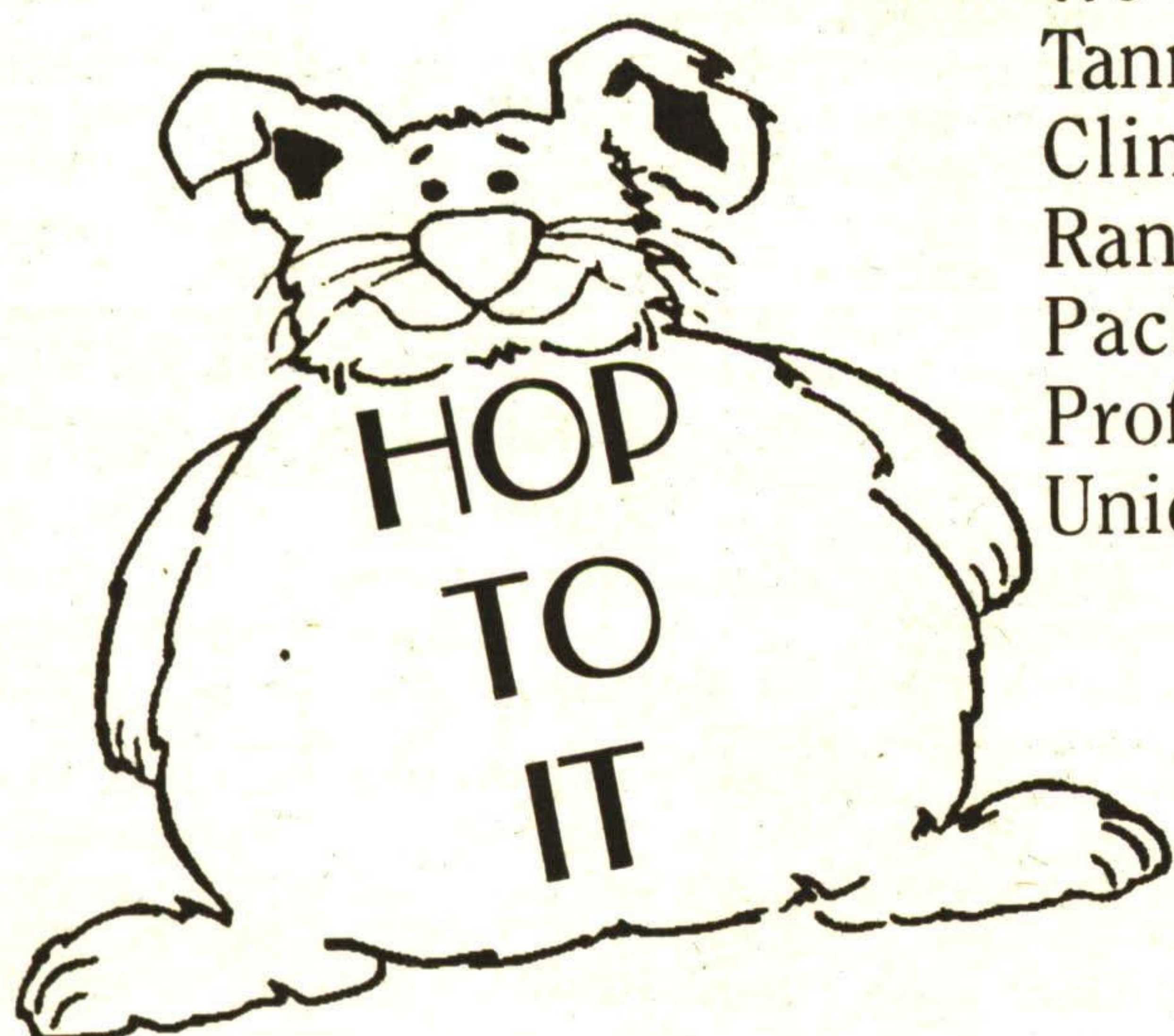
**Flamingo  
Dance Studio**  
36 Main Street South  
Georgetown, Ontario  
(905) 873-4907



**The Feminine Way**<sup>®</sup>  
INTERNATIONAL  
**Marilyn Russiani**  
Owner/Consultant



**36 MAIN STREET, GEORGETOWN 873-4907**



We've got it all right here in Georgetown and under one roof. Tanning Bed, Toning Tables, Treadmill, Exercise Bikes, Stepper, Climber, Health Rider, Exercise Classes, Dance Classes, Full Range of Aesthetic Treatments Including Monthly and Bridal Packages. Friendly & Courteous Atmosphere. Qualified and Professional Staff All Here For YOU! At Last Pampering That's Unique AND Affordable!

***Smile! Some BUNNY Loves You!***

## APRIL SPECIALS

April is "Come Back" month!

We want you BACK and we'll prove it by making it EASIER for you to get BACK into shape.

Lose inches, feel energized and get BACK into feeling a Healthier You! Receive 5 Bonus Hours for Coming Back. No Initiation fees, Seniors Discounts and FREE 1/2 hour Courtesy Trial on toning tables. No GST for month of April.

35 Toning Hours or 70 - 1/2 Hour Toning Sessions	\$ 139 <sup>00</sup>
25 Toning Hours or 50 - 1/2 Hour Toning Sessions	\$ 119 <sup>00</sup>
15 Toning Hours or 30 - 1/2 Hour Toning Sessions	\$ 99 <sup>00</sup>
<b>PLUS</b> 5 - Tanning Sessions 10 Tanning Sessions	\$ 50 <sup>00</sup>
<b>Senior Special</b> 30 - 1/2 Hour Toning Sessions	\$ 55 <sup>00</sup>

### Look Great In Your New Easter Outfits

#### Dance for Fitness, Dance for Fun!!

All classes starting the week of April 1, 1996  
12 week Sessions

Professional Instruction for all ages and levels

Register for more than one class and receive a  
\$10.00 discount or a free Flamingo T-shirt.

**HIP HOP DANCE EXERCISE**  
High energy, low impact alternative fitness approach. Great Moves, Great Fun and Great Workout!  
Instructor: Teresa Bissett  
Tues. 7:30 pm

**BALLROOM/LATIN DANCING**  
Learn to dance. Jive, Cha Cha, Rumba, Waltz, Rock and Roll and more! Singles Welcome!  
Instructor: Dorri Bland  
Thurs. 7:30 pm or 8:30 pm

**MOTIVATE YOUR MORNING  
MOVE TO THE GROOVE**  
Total energizing body workout at your own level. This high energy, low impact class also includes a floor routine. Get UP and Get GOING or catch your mid week FIX!  
Instructor: Cindy Lawrence  
Tues/Thurs 10 am or Sun 10:30 am  
Wednesday 7:00 pm

**PRE-POST NATAL FITNESS**  
Enjoy this one hour class during childbearing trimesters or after childbirth. Our qualified instructor will help you get back in shape quicker and help with stress relief, relaxation and enhance maternal and fetal health.  
Instructor: Wendy Delaney  
Mon 7:30 pm

**SCULPT AND STRETCH**  
This is a total toning session. Join in and feel those target areas toning up! The use of light weights provides added benefit of elevating your metabolic rate. This class focuses on strengthening and stretching the major muscle groups. Great for shaping too! Bring your own light hand weights/soup cans.  
Instructor: Cindy Lawrence  
Tues 6:30 pm  
Modified 1/2 hr lunch break  
Mon 12:15-12:45 or Wed 1:15-1:45

**LINE DANCING**  
Exercise was never so much fun. Learn the latest dances to the hottest music. Beginner and advanced levels.  
Instructor: Dorri Bland  
Mon 8:30 pm, Fri 6:30 & 7:30 pm

**DANCE TO FIT**  
Not your traditional workout enjoy a 1/2 hour of body contouring exercises and then 1/2 hour of dance routines.  
Fun, Fun, Fun!  
Instructor: Dorri Bland  
Wednesday 8:00 pm

**SHAPE-UP**  
An hour of low impact exercise for Beginner to Intermediate levels. All the components of a great exercise program.  
Instructor: Cathy Knoespel  
Mon or Thurs 6:30 pm

**TEEN LINE DANCING**  
Move your feet to the "New Country" beat. Learn the hottest line dances to new country and "Techno" music.  
Instructor: Wendy Delaney  
Sat 12:30 pm

**YOUTH FITNESS**  
Ages 10 and up  
All the important fitness elements combined into this one hour beginner class - aimed at kids and fun!  
Instructor: Wendy Delaney  
Sat 11:30 am

**SHAKE RATTLE & ROLL**  
Ages 4 & up  
One hour filled with fitness, fun and friends. A variety of activities including tumbling, theme days, line dance steps, rhythmic gymnastics and more will be introduced each week.  
Instructor: Faith Richardson  
Mon or Wed 4:00-5:00 pm

**T'AI CHI**  
Great form of stress relief, slow and non-exertive movements. A gift to yourself or someone else.  
Instructors: Carole Norton  
Tues or Thurs 9:00 am or Sat 9:30 or 10:30 am

6 week program  
**For registration or further information please call**

**873-4907 ask for Dorri**

Get the jump on spring. Hop on over and treat yourself or somebunny special.

Fiberglass Nail Tips with Easter Nail Art	\$ 45 <sup>00</sup>
Manicure & Eyebrow Wax	\$ 18 <sup>00</sup>
Full Body Scrub and Massage including Mini Exfoliation Facial	\$ 25 <sup>00</sup>
Cellulite Treatments (thighs & abdomen)	\$ 25 <sup>00</sup>
Full Seaweed Body Wrap (for detoxification)	\$ 50 <sup>00</sup>
Artificial Eyelash Application for Eye Enhancement (great for Brides)	\$ 15 <sup>00</sup>

**Book Your Appointment  
With Dorri, Carla or Monika**

**Remember:  
We're open the last  
Sunday of every month!**

