



Fast Fun Fitness For Her!

318 GUELPH ST., GEORGETOWN  
(Between Honda & Swiss Chalet)  
**905-702-8701**

www.figuresgeorgetown.ca  
Locally Owned and Operated

# Come Celebrate our First ANNIVERSARY

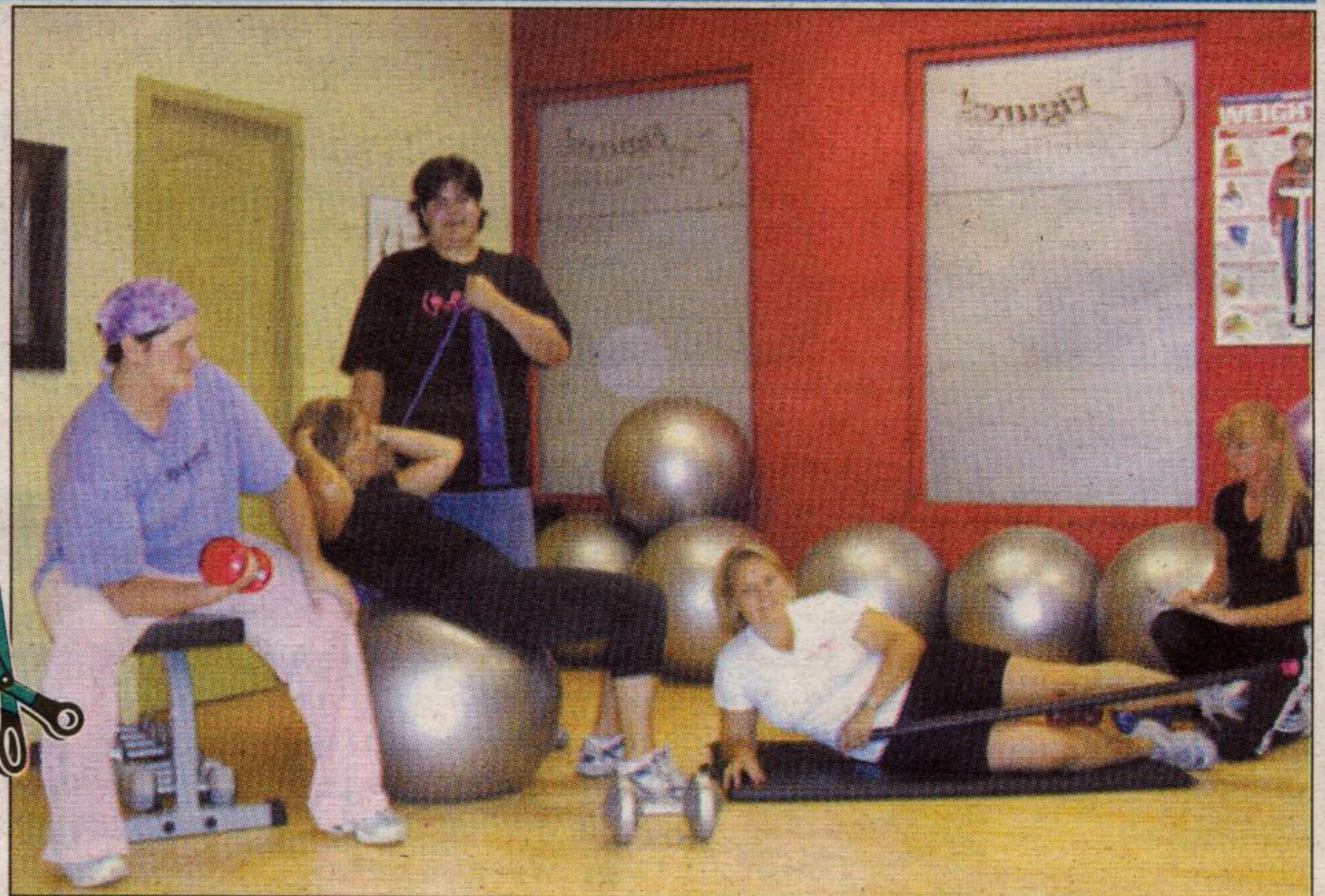


Our Figures Staff: Caroline Harris Club Manager, Helen Noble - owner, Barb Ridd - owner, Attie Jones - Certified Instructor, Bonnie Gonchar - Personal Trainer,

- \* VARIETY OF CLASSES
- \* CARDIO EQUIPMENT
- \* CERTIFIED STAFF
- \* SMALL GROUP PERSONAL TRAINING



Call NOW to pre-book your appointment mention this ad to receive a **FREE FIGURES Water Bottle!**



SMALL GROUP PERSONAL TRAINING AVAILABLE AT A REDUCED RATE the two additional people are Amanda Curry - member - she lost over 28" doing small group training, Jen Harlow - member she lost over 34" doing small group training.

**COUPON**

**Figures!** Fast Fun Fitness For Her!

**FREEDOM SUMMER**  
Sign up for 12 months, first payment starts September '04.

**Hurry in - First 75 to join 1/2 OFF SERVICE FEE with this ad.**  
Coupon expires September 11/04

EXCEPTIONAL VALUE Limited Time Offer

**"ANNIVERSARY SPECIAL HELD OVER ONE MORE WEEK - ALL APPOINTMENTS BOOKED BY SEPTEMBER 11TH, 2004 RECEIVE THE SPECIAL RATE."**

- " LOOK WHAT A ONE YEAR OLD CAN DO "**
- Raised over \$3500 riding the Big Bike for the Heart and Stroke Foundation
  - Found out how to manage our Stress level at a Stress Management seminar
  - Great monthly prizes!
  - Proper footwear seminar
  - Sponsors Georgetown Soccer Club Girls Division
  - Donated over 50 One month memberships to local charities / fundraisers
  - Improved our health and beauty at a workshop hosted by Nancy Desjardins RNCP
  - Summer Maintenance workshop hosted by Nancy Desjardins RNCP
  - Helped participants reach their fitness and nutrition goals through our PILOT kit to get fit program
  - Lost over 1834 inches - Club total
  - Had a custom fit bra workshop
  - Pampered our members with a hand massage and facial
  - Gave away great prizes: custom fit bathing suit, beach bag, running jacket, set of wine glasses, tablecloth and napkins with napkin rings, dinner for 2, back to school knapsack, hair cut style and consultation.

\* initiation fee based on one year membership, not to be used in conjunction with any other offer\*