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TOP 5 PERFORMANCE AWARD 8 YEARS IN A ROW!

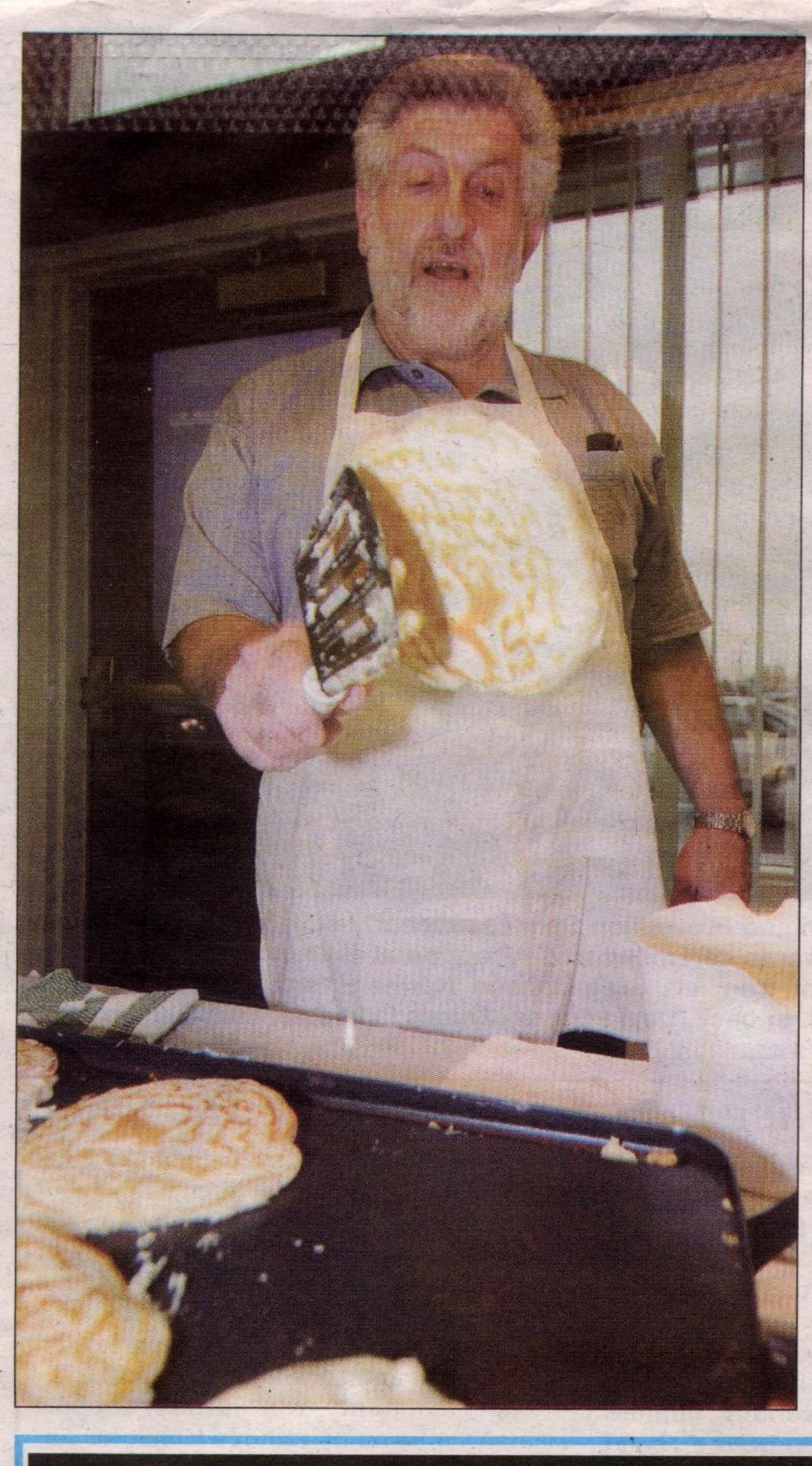
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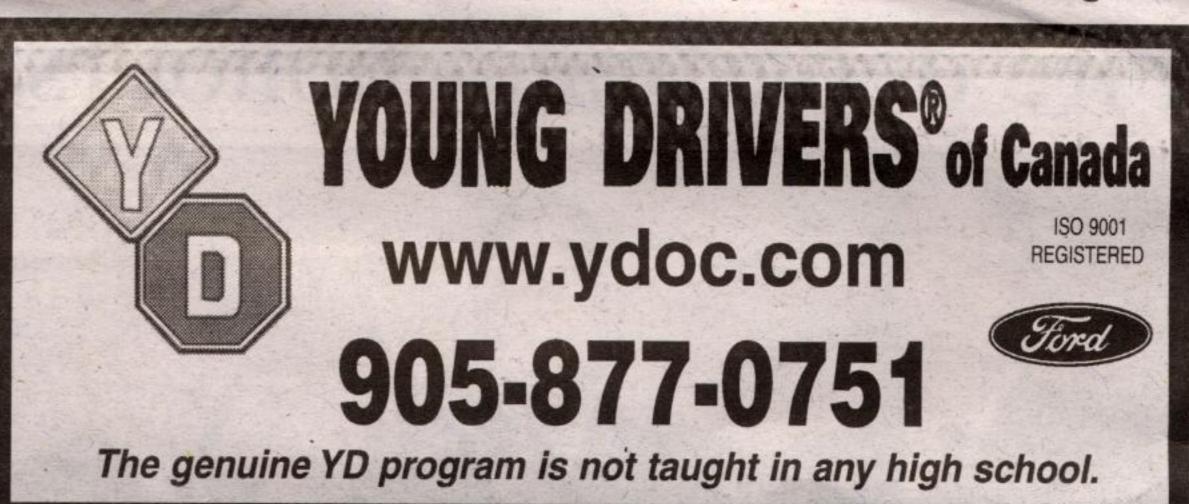
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Flipping for the Acton Seniors Centre

Real Tetreault shows off his expertise in flipping flapjacks at the Acton Seniors Recreation Centre's Breakfast. The annual event is a fundraiser for the seniors group that is located in the Acton Arena and Community Centre.

> Photo by Yves Desjardins





LANTIS ATHLETICS FITNESS CENTERS

232 Guelph St., Georgetown

Mon to Fri 6am to 11pm Sat & Sun 7am to 6pm

Longest Running Fitness Centre, operating in Georgetown since 1984 Largest team of Certified Personal Trainers plus on site Nutrition & Lifestyle Consultant

ZERO INTIATION FEES Low Monthly Rate \$ 36.81 + GST Student, Senior and Corporate Rates Available



Functional Cross Trainer, Elliptical, Recumbent Bike Renovated floor in our Group Fitness Studio, freshly painted throughout, new carpet in Weight Room, Cardio area and Change Rooms, plus more to come

Beautifully painted Disney Mural in our fully staffed 19ft x 15ft Childcare Room

ALL INCLUSIVE 10,000 sq ft FACILITY

- Complimentary Fitness & Nutritional Consultations
- Full weight Room with Free Weights up to 100lbs
- · Wide Variety of Cardio equipment including Treadmills, Ellipticals, Recumbent & Upright Bikes, Stairmasters, & Rowing Machine (No wait times)
- 35 Group Fitness Classes Weekly including; SPINNING, Pro BOXING, Step, Athletic Skills n' Drills, PILATES, Cardio Kick Boxing, HIP HOP, YOGA, & MEDITATION plus nightly 30 min Express Abs Classes At 6:35pm
- SAUNA in both Men's and Women's Change-Rooms

2 Week FREE Trial *

Includes full use of our facility & classes Upon activation of a 12 month Adult membership each NEW member will receive

3 Free ½ Hour Personal Training Sessions*

*Coupon Expires October 31st 2004



232 Guelph St. Georgetown (Hwy #7 & Mountainview)

Fitness Centers 905-877-0771

Indoor Pool Sale

Prices start from just \$2,599.

And with all pool tables sold this week a **FREE Premium**

Accessory Kit, with professional installation (Value over \$700).



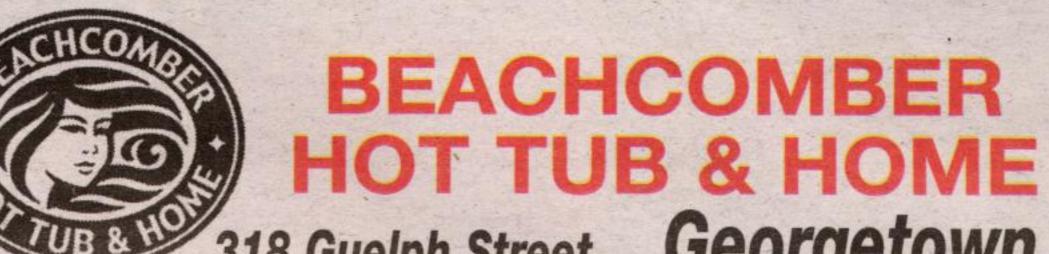
You don't have to pay a penny in our pocket until May 2005. OAC.

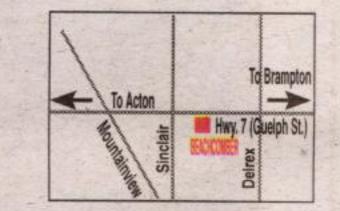


All Foosball Tables

BACK 1973

Sale ends Oct. 24th.





Georgetown 905.873.8835 318 Guelph Street

HOURS: Mon- Fri. 10 am - 6 pm; Sat. 10 am - 5 pm; Sun. 11 am - 4 pm