



To register call:
647-208-3488 or
e-mail at hadad@cogeco.ca

My pledge to you: It is my sincere hope that you will find every fitness class at Cheryl's Fun-Fit Fitness Studio fun, challenging and a very positive experience. It is my pledge to provide you with the highest calibre of certified Fitness Instructors, who will lead you through a safe and effective workout in a clean and comfortable environment.



Cheryl Hadad

- ★ Offering a wide variety of fitness classes
- ★ Day and Evening Yoga & Pilates
- ★ Classes at noon and 1:00-2:00 pm
- ★ Monthly membership and drop-in available.

36 Armstrong Ave., Georgetown (beside Halton Hills Gymnastics Centre)

Celebrating Our Town Community Open House

Move for Health

Sat. Oct. 22, 2005

10 am to 4 pm

Georgetown Market Place



move for health

The purpose of this Community Open House is to provide an opportunity for local groups and agencies to showcase their activities or services to the general public. It also provides an opportunity for young people in the community to connect with organizations that are "youth friendly" and encourage volunteer opportunities.

The theme this year is 'Move for Health' based on the initiative put out by the WHO. In keeping with this theme, we have arranged for Marie Burland from Robert Little School to do a Quality Daily Fitness demo with children from 1:00 - 1:30 at the Community Open House.



10:00 AM - 4:00 PM - SHOWCASING OVER 50 ORGANIZATIONS FROM ACROSS HALTON HILLS.

At the Cooperative Program Planning Committee booth at Centre Court:

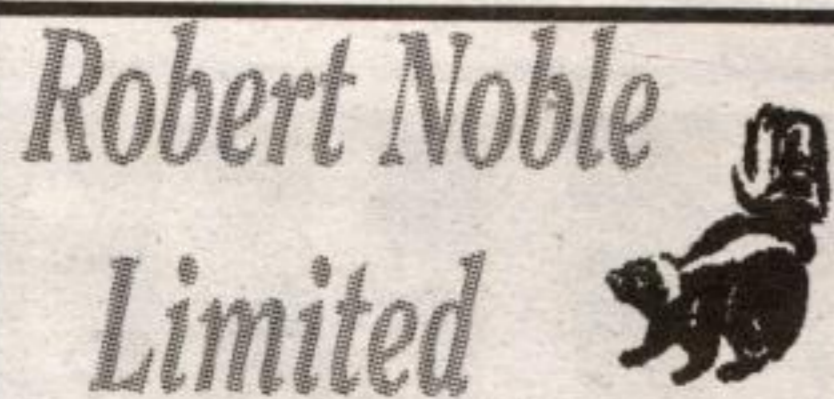
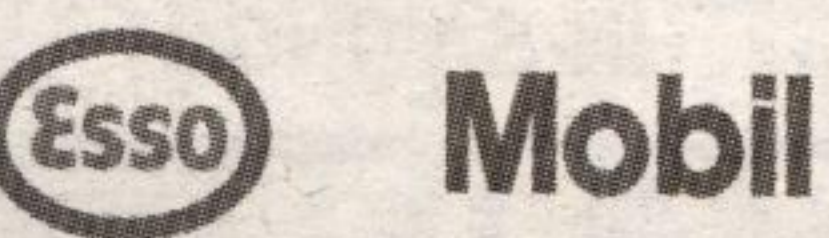
- * 11:00 a.m. - 12:00 noon - Ice expert Karen Ford from the Town of Halton Hills will be on hand to answer questions on building your own backyard rink
- * 1:00 p.m. - 1:30 p.m. - Robert Little School Quality Daily Fitness Leaders demonstrate their favourite routines
- * 1:00 - 2:00 p.m. - Liz Masson from Feet in Motion offers advice on choosing the right shoes

Halton Hills Camera Club active living images of activities captured throughout Halton Hills will be on display. Also, Volunteer Information Passports will be available for youth to meet the various organizations and assist in determining the volunteer opportunities most suited to their needs.

A Halton Hills Cooperative Program Planning Committee Event



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