

Pilates

Winter Session Starts Next Week!



Core Essentials
pilates & movement studio

We offer...

- Small Group Pilates
- Private & Semi-private Pilates
- Pre-natal Fitness
- Yoga
- Nutritional Counselling

Beginner Pilates Classes:

Tuesdays 7:00 pm

Saturdays 10:00 am

Pre-natal Classes:

Wednesdays 7:00 pm

Hatha Yoga Classes:

Tuesdays 9:30 am

*Please call for our full class schedule.

905-702-2744

130 Guelph St., Georgetown

A state of mind.

Every fishing line ever cast.

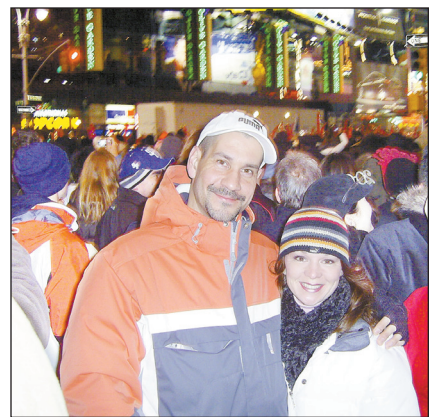
What a wish gives a child who is sick.

hope

If you know a child with a life-threatening illness, call toll free 1-877-669-5777 or visit www.makeawish.ca

MAKE A WISH

Wish kid Cody age 8



New year, New York

Kelly and Glenn Heshka, of May St., Georgetown, joined two million others Saturday in ringing in the New Year at Times Square in New York City.

Submitted photo

Put Christmas trees out with Blue Box

Halton Region's Waste Management Services will be collecting Christmas trees on the same day as residents' Blue Box collection the week of January 9 to the week of January 23.

When placing the Christmas tree out for collection, residents are reminded to remove all tinsel, decorations and plastic bags and also ensure that Christmas trees are not frozen or stuck in snow.

Collected Christmas trees will be recycled into mulch to be used for regional landscaping projects as part of Halton Region's continued efforts to waste diversion and recycling.

Same Fresh Taste Fresh New Look

SUBWAY

eat fresh.™

905-873-6568

5 Mountainview Rd. N., Georgetown