

GET FIT & GET HEALTHY

Get fit and learn to defend yourself

Georgetown Aikido introduces classes for women

This woman is not a damsel in distress.

She is a woman who has learned to take care of herself, and that means being confident and secure in her physical, and inner, strength.

She's a woman you would want on your side.

The Georgetown Aikido club has been teaching self defence to both adults and children for more than 18 years.

Aikido as a martial art is non-competitive and nonviolent. Cooperation and harmony are more important than aggression— timing and control are more important than strength. With the development of basic techniques Aikido provides a very powerful means

of self defence without undue aggression.

Although the classes are traditionally co-ed, this January, Georgetown Aikido is offering a women's only class.

"It was a desire to bring more women into the martial arts. To show them that you don't need to be big, and strong, and powerful to do a martial art and be able to defend yourself," said Terri Portelli, a fourth level black belt and one of the instructors for the women's only class.

This once weekly session will focus on the advantages that women have when it comes to self defence, and how to benefit from them while avoiding any gender specific vulnerabilities.

"While the Aikido club has always encouraged women's participation, women can be intimidated starting a martial arts class when the majority of the students are men," said Genevieve Leslie, a third level black belt and the second instructor for the women's only class.

The classes will focus on balance, core and hip strength, incorporating this into circular movements which are beneficial in self defence.

The classes will be taught by Portelli and Leslie, who have both trained in Aikido across Canada and in Japan for

more than 13 years.

The women's only class will be one night a week. The remaining four classes, held on Monday, Wednesday, Thursday and Saturday will maintain the usual co-ed setup.

"I haven't heard of any opposition to the idea of a women's class. The men in the dojo are very supportive, and are more than willing to help us out any time we need them to play the bad guys," said Leslie.

The classes begin January 6, 2009 at 42 Mill St., second floor of the Georgetown Memorial Arena and will run Tuesday nights between 7-8:30 p.m. until March 31, 2009.

The cost of the 13-week program is \$95 and will include the first belt grading.

"This women's only Aikido is something new that we're trying out. If there is continued enthusiasm for it after 13 weeks, than yeah, we'll continue it," said Portelli.

For more information, please contact either Genevieve Leslie at 519-853-0012 or Terri Portelli at 905-873-8812 and please visit the website at georgetownaikido.com.

"This is a very empowering thing," said Portelli.

Submitted by Amanda Portelli



Terry Portelli defends herself against Patrick Winter in a match at Georgetown Aikido.

Submitted photo

Silent auction at Curves Acton

In order to raise money for Breast Cancer Research, Curves of Acton will be conducting a Silent Auction from October 20 to 31, open to members and non-members and will include a variety of ways for attendees to obtain free and discounted Liv Aids (breast self-exam tool). For more information call Sandy Collins, 519-853-0502.



Cathy Gallagher
General Manager

www.powerzone.ca
cgallagher@powerzone.ca

324 Guelph St., Georgetown
905-702-1774

I am trying to decide on a fitness club this fall and want to know what to look for?

When looking for a fitness club you really need to know your different options as a consumer.

What commitment do I have to the club (terms of agreement). Can I pay monthly or must I pay weekly or bi-weekly? What is included in the membership? Are all classes included? Do I have use of all weight/toning equipment and cardiovascular areas in the club?

Club atmosphere is also very important. You need to feel comfortable when you are working out. Make sure you are taken through an orientation of the club you choose so you are set on the correct path to fitness.

Here at Power Zone all new customers are entitled to a free one hour orientation to equipment.

Take your time, do your research, know what you are paying for before you commit!

**Bring in this article
for one FREE workout!**

Susan Wilson R.N.C.P.

**Living on Live Food
Raw Chef**

- 7, 14 or 21 day Live Food Programs
- Raw Food Demonstrations
- Hand on Living on Live Food Training
- Nutritional Programs and Consulting
- Health and Wellness Coaching
- Educational Retreats

healthnut@sympatico.ca
www.healthnut.ca
905-877-7697

Health E Nut

GEORGETOWN AIKIDO

WOMEN'S MARTIAL ARTS CLASSES
Jan. 6, 2009 - Mar. 31, 2009
7:00 p.m. to 8:30 p.m.
\$95.00 for 13 weeks - including first belt grading

Contact:
Terri Portelli (905) 873-8812
Genevieve Leslie (519) 853-0012

Georgetown Memorial Arena
42 Mill St., 2nd Floor
www.georgetownaikido.com

**GET FIT
Get Healthy**

BP Baynes
Physiotherapy
Georgetown

Telephone:
905-873-4964
Baynes for your pains!

**232A Guelph St., Unit 10
Georgetown
(next to Ares Restaurant)**

Curves

The power to
amaze yourself.™
Over 10,000 locations worldwide.

GEORGETOWN
39 Main St. S.
Downtown Georgetown
905-702-0418

ACTON
374 Queen St.
Acton, ON
519-853-0502

curves.com

FREE 4 DAY PASS
call today, 519-853-9691



**10 Main St, Acton
2nd floor**
XmarkstheFitnessSpot.com