

X-treme Fitness holds open house for 1st anniversary

Statistically, almost 60% or 14.1 million adult Canadians are overweight and much of it is due to inactivity. This is taking a serious toll, says Kevin Harris, proprietor of X-treme Fitness, which is celebrating a year of helping people get off the couch, in Acton, with an open house this Saturday from 8a.m. to 4p.m. at the fitness centre, 10 Main St. N. in Acton.

The open house will host free health assessments by in-house experts to explore the best course of action for people when combining diet, exercise and nutrition to fit their lifestyle. There'll also be free personal training trials as well as facility and services tours highlighting physical displays and demos of dietary supplements that aid in achieving a healthier lifestyle.

Currently, says Harris, 14.6% of Canadians belong to fitness centres and the challenge is there for the remainder of the population to embrace an

active lifestyle. Benefits include an active family life, enjoyment of the great outdoors and feeling energized on a daily basis.

More information can be obtained by phoning 519-853-9691 and to book an appointment on a better day than Saturday.

Abandoned home on Third Line burns

Arson is suspected in a fire that levelled an abandoned house that the fire department planned to burn down as a training exercise.

Fire was discovered at 7 p.m. on Saturday at the house, owned by Dufferin Quarry, on the Third Line.

Police said there was no electricity or heat in the house that had been vacant for two years and since the house burned to the ground, no cause for the blaze is known.



SNOW BOUND: Trevor Pruter, right, gets ready for some snowmobile fun in the aftermath of Wednesday's snowstorm while brother Ryan has more serious matters on his mind - snow blowing at their shop on the corner of Wallace St. and Commerce Court. - Angela Tyler photo

WE'RE # 1!

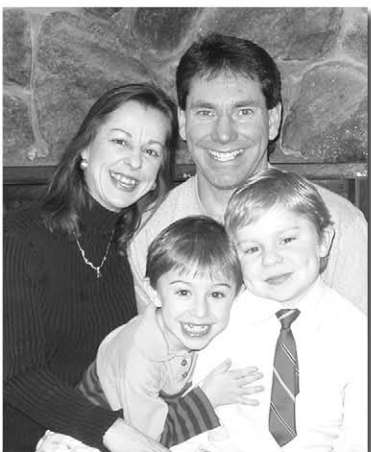
Thank you Acton, Rockwood and the surrounding area for our first great year in business. We never dreamed that X-treme Fitness would triple it's membership in our first year and we owe it all to the great people of Acton and Halton Hills.

I have also been a resident of Halton Hills for my entire life and I can't think of a better place on earth to raise a family.

We at X-treme Fitness have been busy this past year transforming the old space into a very clean and professional gym and aerobics facility but it really feels like just the beginning! Next time you feel even the slightest

urge to get into the best shape of your life, come and visit X-treme.

We're looking forward to helping you achieve your fitness goals in 2007.



X-treme Fitness owner Kevin Harris & family

* Photo by Pinto Digital Photography



X-TREME FITNESS®

X MARKS THE FITNESS SPOT




JOIN US for our 1 YEAR OPEN HOUSE

SATURDAY FEB.17, 8am to 4pm

We have an incredible **FREE** day planned for you this Saturday!

- FREE** PRODUCT SAMPLES from our sponsors
- FREE** PERSONAL TRAINING DAY
- FREE** NATUROPATHIC-BASED HEALTH ASSESTMENT
- FREE** PERSONALIZED NUTRITION ASSESMENT



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***\$34.95 per month including ALL CLASSES**

Includes:

- Cardio kick boxing • X-treme glutes
- boot camp • indoor cycling • 6 pack abs
- Yoga

Get ready for summer **NOW!**

* expires March 30/2007

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