

**GEESE GALORE:** Prospect Park was unusually quiet on Saturday morning as inclement weather over the Labour Day weekend assured the local geese had the place all to themselves. – Denise Paulsen photo

# MORE THAN JUST A GYM

*We Offer A Lifestyle Change!*

**staying *Alive***  
**FITNESS INC**  
 11 Main Street North, Acton ON  
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**Memberships start at just \$35 per month**

- 5  
Instructors
- 3  
Personal Trainers
- Specialized  
Pilates and  
Yoga Training
- Rehabilitative  
Sessions
- Registered  
Massage  
Therapy

**COMING IN OCTOBER!**  
**LECTURE SERIES - Clean Eating, Cooking with Quinoa**

**VIBRATION THERAPY - As Seen On "THE DOCTORS"**

**Class Schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
+ 45 Minutes	8:00am Restorative Pilates		7:30am Pilates Fusion *	8:15am Spin		8:30am Core Action
* 35 Minutes	9:30am Turbulence Training	9:30am Spin	9:30am Spin/Pilates	9:30am Core Action	9:30am Outdoor Walking Bootcamp	9:30am Spin
(No Symbol) 1 Hour	6:00pm Core Action +	6:00pm Pilates Fusion		5:00pm Restorative Pilates		
	7:00pm Turbulence Training	7:00pm Spin	7:00pm Spin/Strength/Stretch			

➔ **Also Coming in October - TEEN YOGA** ⇐



THE WORLD'S FAVOURITE SUPER-INCLUSIVE RESORTS

**TORONTO DEPARTURES**  
**1 WEEK - ALL INCLUSIVE**



**VERADERO**

SuperClubs Breezes Varadero★★★★  
 Exceptional service, fine dining, countless inclusions and top-notch facilities are prevalent at SuperClubs Breezes Jibacoa, which is surrounded by scenic countryside

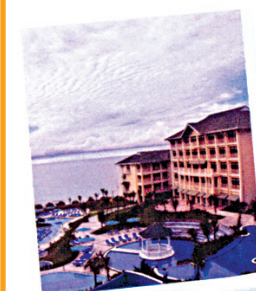
Sep 23, 30 & Oct 7, 14  
 Super Select Room **\$495** +\$221 taxes



**JAMAICA**

SuperClubs Breezes Trelawny★★★★  
 Situated on a three-mile stretch of powder white sands and sparkling sapphire waters on the magnificent island of Jamaica, SuperClubs Trelawny serves up a healthy dose of food, fun and entertainment for everyone. This beautiful property is great for families, couples and groups.

Oct 1, 8 & 15  
 Mountainview Room **\$595** +\$278 taxes



**PANAMA**

SuperClubs Breezes Panama Resort & Spa★★★★

With mountains on one side and the Pacific Ocean on the other, Breezes Panama is an adventure's dream come true. For the less adventurous, there's a spa and an array of restaurants and bars. This hotel is a great choice for singles, couples, and families alike.

Sep 29 & Oct 6 & 13  
 Deluxe Room/No Balcony **\$695** +\$245 taxes

All prices are per person based on double occupancy for 7 nights (unless otherwise specified). Seats at the above prices are limited and subject to change without prior notice. Applicable to new bookings only. Not combinable with any other offer. Transportation taxes & related fees shown must be pre-paid. Applicable local taxes payable at the destination are extra (Cuba \$25 CUC, Panama \$40 US). Flights are with Sunwing Airlines and are subject to government approval. For full terms and conditions, please refer to the Sunwing Vacations 2010/11 Brochure.

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