



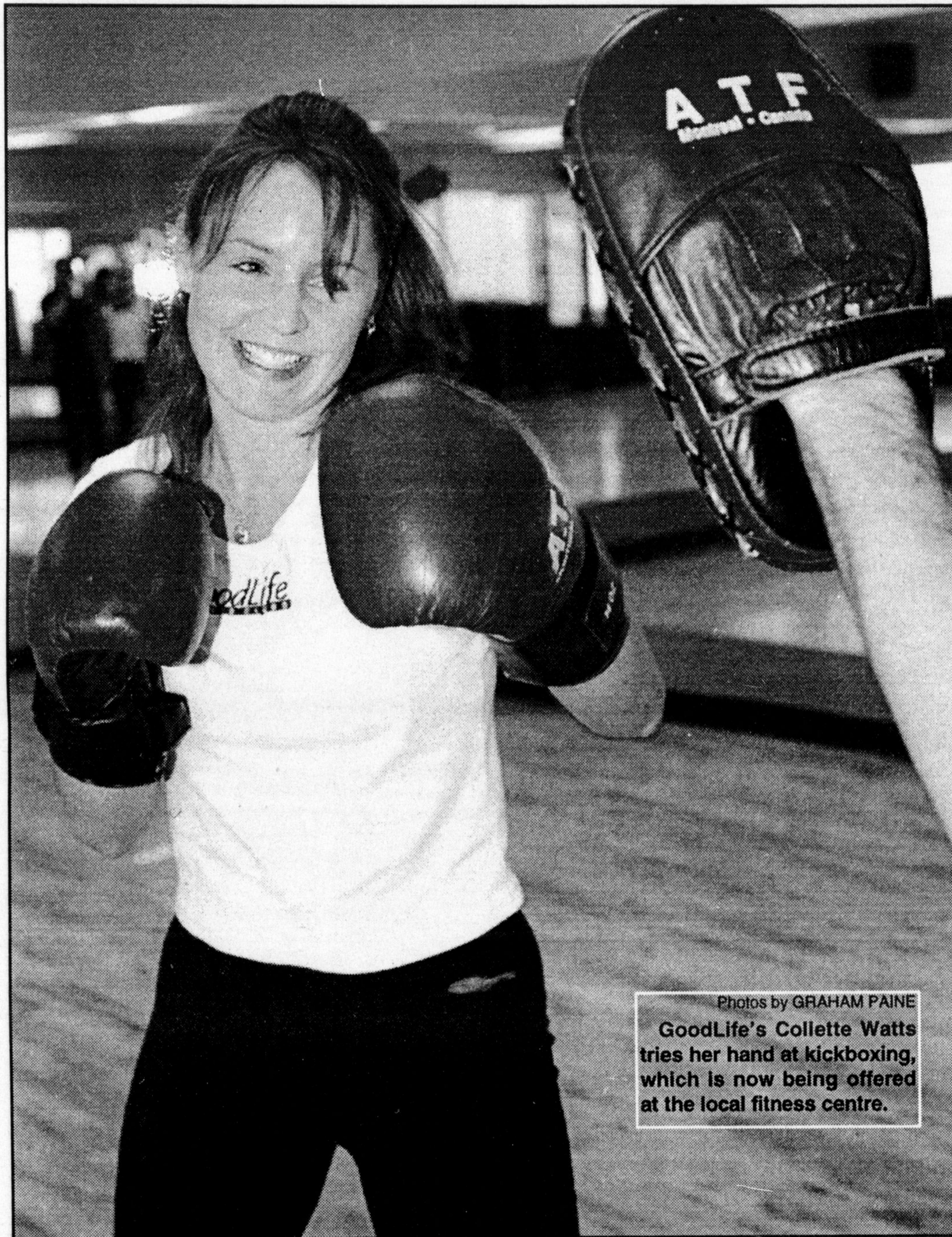
# SPORTS

THE CANADIAN CHAMPION

TUESDAY, FEBRUARY 16, 1999

Established Since 1989  
**878-9293**  
 3006 Derry Rd. W.  
 Suite 203  
 (across from the Hospital)

## Latest fitness craze has a real kick



Photos by GRAHAM PAINE  
 GoodLife's Collette Watts tries her hand at kickboxing, which is now being offered at the local fitness centre.

By **STEVE LeBLANC**  
*The Champion*

It's aerobics with attitude, exercise with electricity. Set to pulsating music and led by instructors with energy to spare, recreational kickboxing classes are the latest craze to hit health clubs across the province.

And nowhere is the action hotter or enthusiasm higher than at Milton's GoodLife Fitness — where an inaugural six-week session is currently underway.

The program comes courtesy of area native Nick Petroff, a martial arts expert and member of the national kickboxing team who's been training novice students for a year now.

"I have a friend who works at the club here and offering this kind of class seemed like a natural fit," he said. "The response has been terrific. There are about 40 people in the first session and the demand has been so high that we're going to offer another one starting next month."

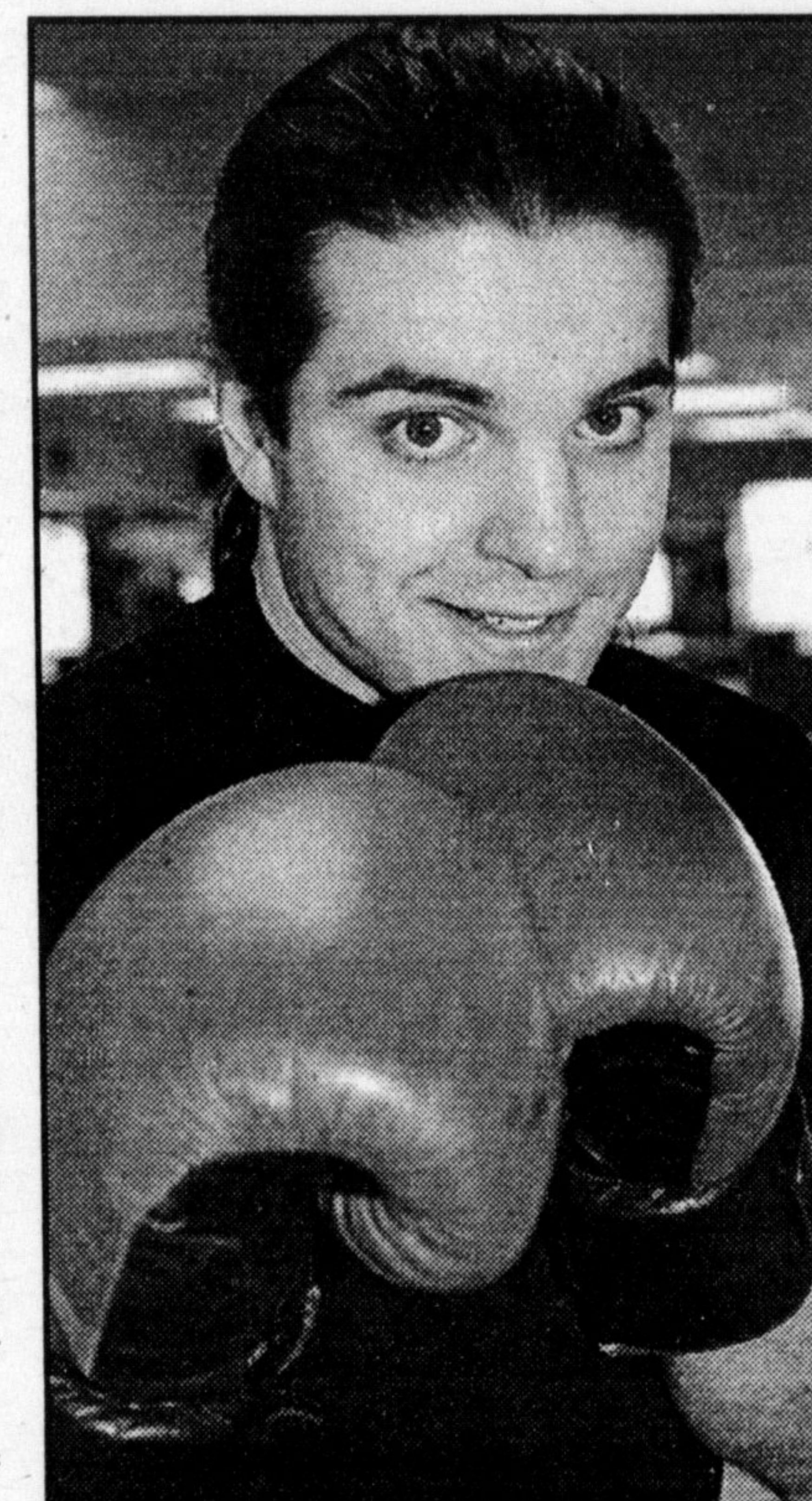
Unlike kickboxing competition, these recreational classes are generally non-contact. Punches and kicks to protective hand targets are the most aggressive part of any lesson plan and even that is kept to a bare minimum.

The idea isn't to pit participants against each other but rather school them on the techniques within an enjoyable, exhilarating environment.

Said Petroff, "I'd like to think some students come away feeling a little empowered, but the main focus is on exercise and camaraderie. Being in a group really motivates people, and it's a great workout."

Dave Dutton — who has been weight training for several years and takes it quite seriously — can certainly attest to the latter comment, stating that he's "never sweated so much" as during the kickboxing classes.

"It's awesome," he said, just prior to last week's session.



Kickboxing instructor Nick Petroff

The class also includes a few people who're just getting back into the fitness routine, such as newly hired GoodLife receptionist Lynette Austin, who prior to starting the class hadn't exercised on any kind of regular basis for six years.

"I figured that if I was going to get back into it, I might as well go the whole way," she said. "The class is very intense. Nick really motivates you. He makes you work."

Kickboxing classes, which feature a mix of male and female participants as well, cover a variety of techniques. Everything from the mechanics of kicks and punches to how to dodge blows and effectively defend is demonstrated — all during high tempo sessions.

"With the music and everyone around you, your adrenaline really gets going," said Petroff. "There's no age or skill requirements for the class, you just need to be willing to have some fun."

The instructor, who's in high demand at clubs across Halton Region and the GTA, said he may consider an advanced class down the road for more ambitious students.

Admission to the next six-week session, which begins March 4, is \$40 for club members and \$60 for non-members.

Classes are held Thursdays at 8 p.m. To register, or for more information, visit GoodLife Fitness Club or call them at 876-3488.

## Lots on the line in basketball today

This afternoon's cross-town clash between senior boys basketball teams has big implications for both sides.

The E.C. Drury Spartans are still jockeying for home court advantage in the first round of the playoffs and a win today at home could help seal the deal.

Meanwhile, the Milton District Mustangs are still in the hunt for a post-season berth and cannot afford to let the momentum they've finally built slip away.

MD forced themselves into the playoff picture with back-to-back victories last week over Iroquois Ridge and White Oakville. Both came in decisive fashion (56-26 over the Ridge and 62-40 over White Oaks), thanks in large part to inspired performances by Jon Sprenger.

The 'Stangs sat at 3-5 before this week's games, needing at least a split over their final two contests to advance.

Equally successfully last week, the Spartans upstaged T.A. Blakelock 65-62 and topped the

Ridge 68-40 to move to 6-3.

Head coach Kevin Houldcroft said getting back to practicing in their own gym — for the first time since last month's fire — has greatly benefited his team. The squad is using the undamaged portion of the two-gym complex.

Among some pleasant surprises for the club are the improved efforts of Ryan Brooks and Ryan Macrett, who have turned in strong supporting roles in recent weeks.

Game time for the seniors today is 5:30 p.m.



**GEORGETOWN TOYOTA**  
 '99 Toyota 4 RUNNER SR5 V6

Lease for **\$399** + tax

per month for 48 months. Lease includes freight & P.D.E. ONLY \$5900 down

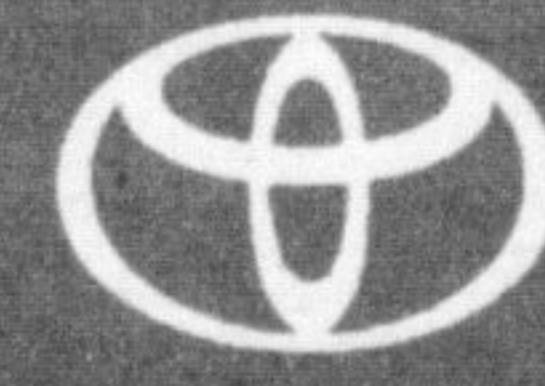
or Choose **5.8% no limit financing** for up to 60 months!

KNOW YOUR LEASE OPTIONS	
DOWN PAYMENT	MONTHLY PAYMENT
\$0	\$539* tax
\$1000	\$493* tax
\$3000	\$470* tax

- VALUE PACKAGE INCLUDES**
- 4 WD
  - Automatic Transmission
  - Air Conditioning
  - Power Windows & Locks
  - 3.4 Litre V6 power
  - AM/FM Cassette Stereo with CD
  - Keyless Entry



**GEORGETOWN TOYOTA SALES**  
 15 MOUNTAINVIEW RD. N., - GEORGETOWN 877-2296 Tor. 874-4276  
 WEBSITE at [www.haltonhills.com/toyota](http://www.haltonhills.com/toyota) or E-MAIL at [toyota@aztec-net.com](mailto:toyota@aztec-net.com)



NICELY EQUIPPED FOR \$37,235 MSRP

Based on a 48 mos. walkaway lease. First payment + security deposit due on delivery. \*Based on 96,000 km. Additional charge of \$0.10 if applicable on 4 Runner.