

Fitness fair

GoodLife Fitness Club put current and potential members through their paces during a recent spring fitness fair for charity. The event was highlighted by a PUNCH class which, as seen here, combined elements of boxing, martial arts and cardio conditioning.

Photos by GRAHAM PAINE

ITA TARBECUE SCASS

Specially angled Flavorizer® Bars are the key element of the Weber Cooking System. They distribute heat evenly through the grill and vaporize drippings to create barbecue flavour without flare-ups.

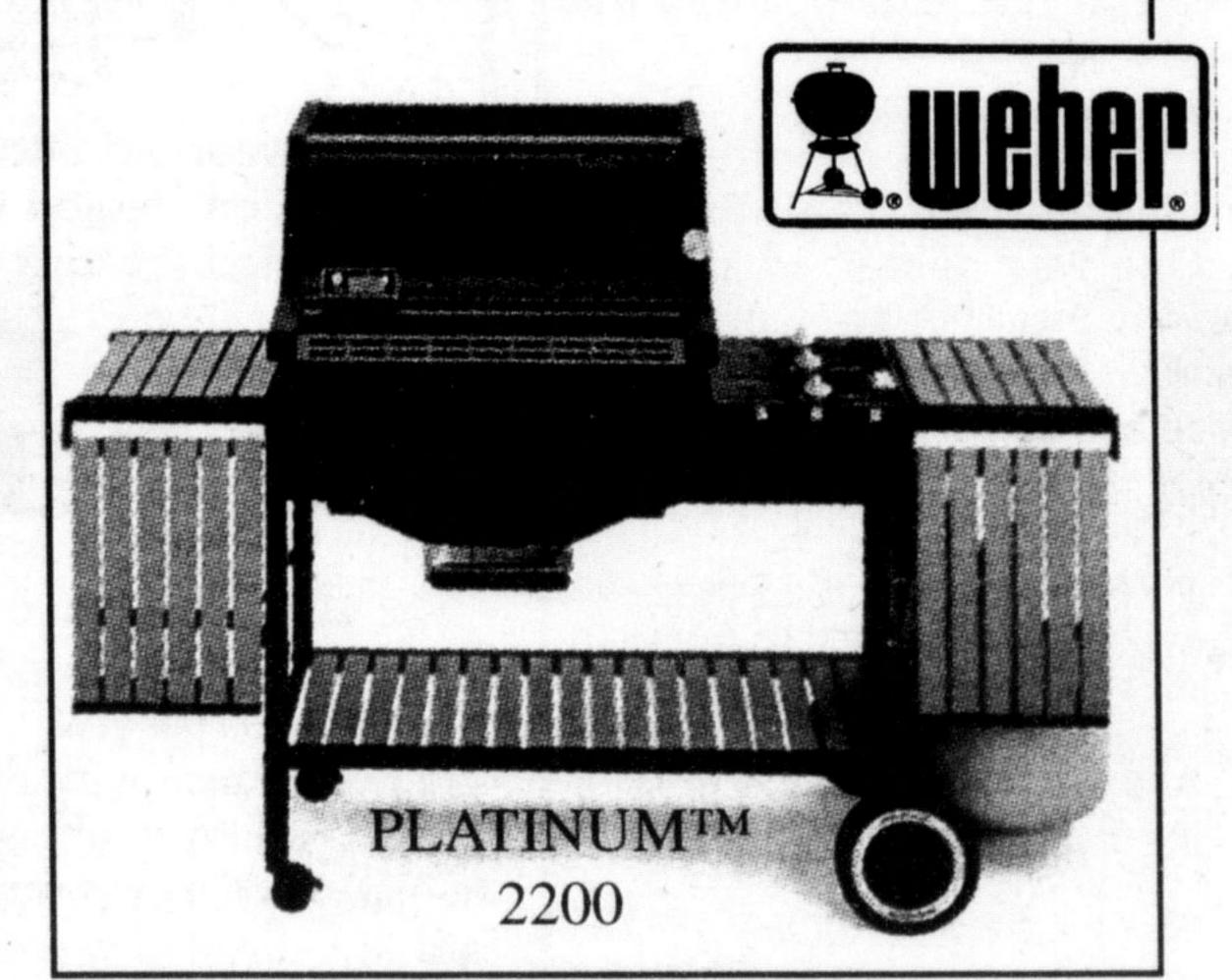
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Broil King oven castings are made deeper and thicker than ordinary gas grills. This means better cooking performance at all heat levels.



Patented Flavorizer System replaces messy lava rocks of ordinary gas grills while virtually eliminating flare-ups.



Showroom at 925 Main St. E. Unit #3

Voted Milton's Best Heating & Air Conditioning Service