

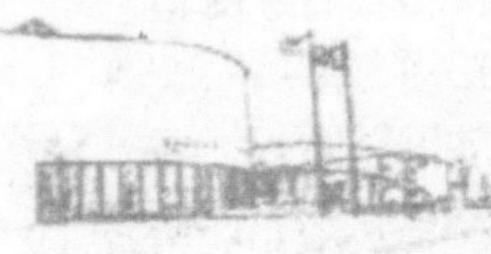
There's something for everyone at the MILTON LEISURE CENTRE

Take some time for yourself, and experience the many benefits of a healthy and active lifestyle:

- reduce the risk of illness
- reduce stress
- increase your energy level
- build confidence and self-esteem
- and prepare for upcoming winter activities

Plan to go length swimming, participate in an Aquafit, fitness or cycling class, or use the cardio, weight or resistance equipment, followed by a relaxing sauna or whirlpool hot tub. There's something for everyone at the Milton Leisure Centre.

MILTON LEISURE CENTRE



1700 Main Street East Milton, Ontario 905-878-7946





Photo by GRAHAM PAINE

Step right up

As part of their March Break activities, Busy Bodies staged a circus carnival Wednesday afternoon. Here, some of the young participants show off their painted faces and hand puppets. From left are Marissa Schultz, 6, Marissa Fleet, 4, and Julia Schaffler, 7.

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