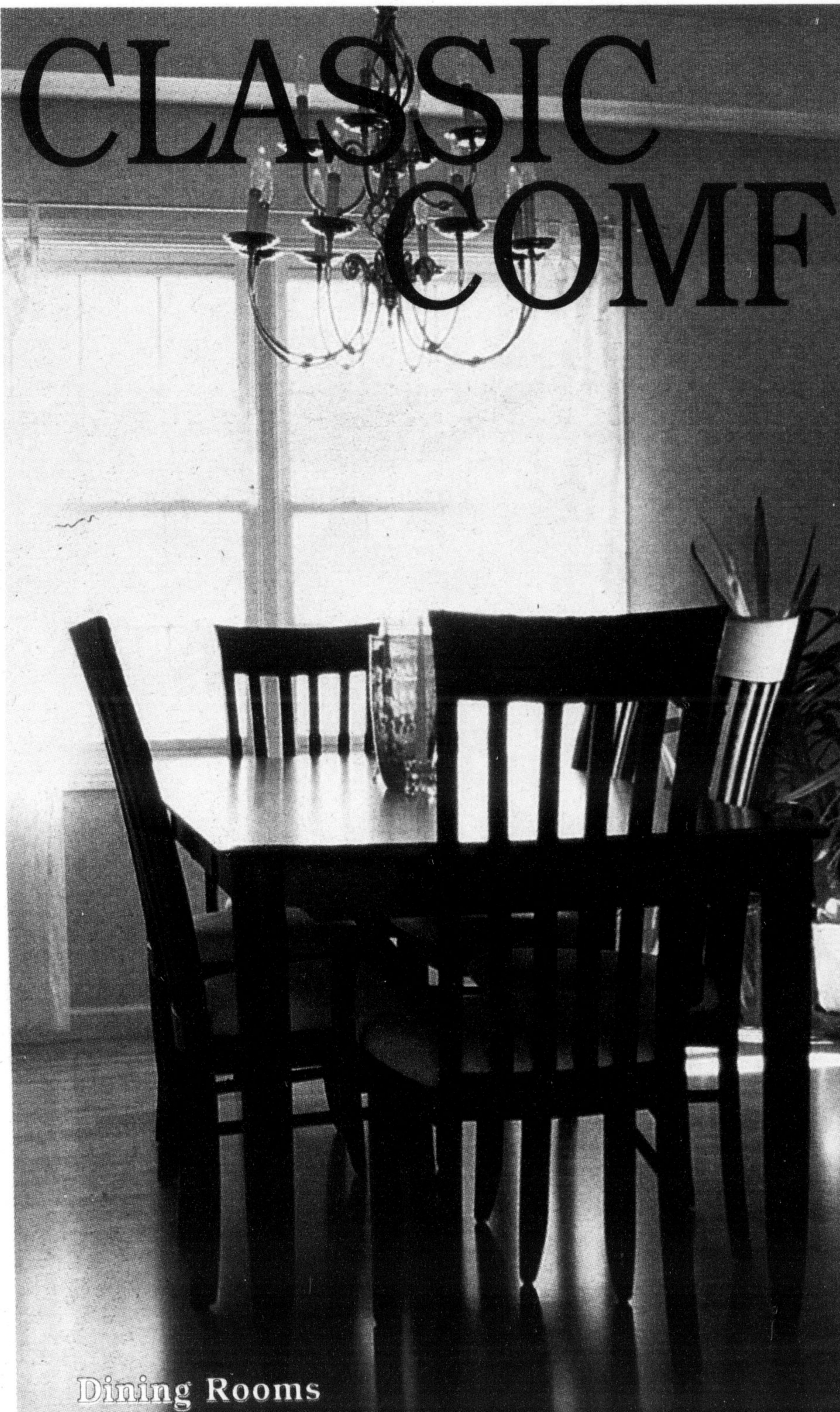


## Open for fitness

At far left, owner Gen Van de Haar and general manager Collette Watts welcome members during the grand opening of the new women's only GoodLife Fitness Club on Main Street October 16. At centre, fitness coordinator Erin Craighead demonstrates a Body Flow class. Among those out for the grand opening were (above) Miss Canada International Lynsey Bennett and Miss Teen Canada International Vanessa Smythe, who try their hand at a little free weight training.

Photos by GRAHAM PAINE

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