



GET THE SUMMER FREE!

No Dues Until October 2003!

Call Today!

GoodLife
FITNESS CLUBS

(905) 876-3483
409 Main Street, Women Only
(905)876-3488
855 Steeles Ave. E., Coed

Nominal initiation fees and administration fees apply.
Offer expires July 31, 2003.

Cycle for charity at GoodLife Fitness Club this Saturday

It'll be a cycling marathon unlike any you've ever seen.

No, you won't see beautiful scenery or pass through different areas of town. In fact, you won't go anywhere at all — but that doesn't mean the excitement won't be top notch.

GoodLife Fitness Club and GoodLife Fitness Club for Women will hold its first ever GoodLife Summer Cycle Saturday at GoodLife Fitness Club, 409 Main St. E.

Club members and non-members are invited to get involved by signing up, collecting pledges and then cycling — on a stationary bike — to raise money for the Toronto People with AIDS Foundation.

The bikes may be stationary, but

a GoodLife spokesperson said participants can expect good exercise and a lot of group energy and excitement as instructors crank up the music and lead the ride outdoors.

The event will take place from 9 a.m. to 1 p.m., with half-hour rides running throughout.

If you don't want to pedal yourself, you can still get involved by encouraging the cyclists, purchasing a ticket for the barbecue — which costs \$5 per person or \$10 for a family of four — and taking your children to enjoy the children's activity area.

The event is intended to lend its support to local businessman and GoodLife member Robert Goderre, who will set out July 28

on a six-day, 660-km journey from Toronto to Montreal. Mr. Goderre's journey is in conjunction with the Friends for Life Bike Rally, benefiting the Toronto People with AIDS Foundation.

Over the past five years, Mr. Goderre has personally raised more than \$125,000 for the charity.

Since 1987, the Toronto People with AIDS Foundation has been helping men, women and children living with HIV/AIDS. It's a community-based, non-profit organization with more than 4,000 clients, making it Canada's largest direct support service organization of its kind.

For more information or to register, call (905) 876-3488.

Annual dog show to be held at fairgrounds this weekend

They don't call them man's best friend for nothing. This weekend, the Kilbride and District Kennel Club will present the All Breed Championship Dog Show at the Milton Fair Grounds.

The show will run Friday, Saturday and Sunday from 9 a.m. to 4 p.m.

About 450 dogs are expected to participate each day and an international panel of judges will pick the best of the best.

There will also be Canine Good Neighbour testing.

For \$20, your dog can undergo a non-competitive test that allows the dog and handler to demonstrate confidence and control in 12 steps.

There's also free K-9 cards for kids — which are collectible and educational cards featuring working police dogs — as well as competitions for rottweilers and briards, junior handling, and a practice show for 'would-be champions' Saturday afternoon.

Parking and admission are free.

The Milton DBIA Presents:

Cruisin' On A Hot Summer Night!

Friday July 18, 2003
Main Street, Milton
6:00pm - 10:00pm

Join us for a cruise down memory lane to see

100 PRE-1976 CLASSIC CARS!

Registration limited to cars only, no commercial vehicles will be allowed

Rolly Rocker & the Hemi Heads will perform two shows:
7:00pm and 9:00pm

Featuring Bob McKerron of Cruise Radio

Main Street will be closed to traffic and participating businesses will be open late!

CALL 905-876-2773 FOR MORE INFORMATION.

