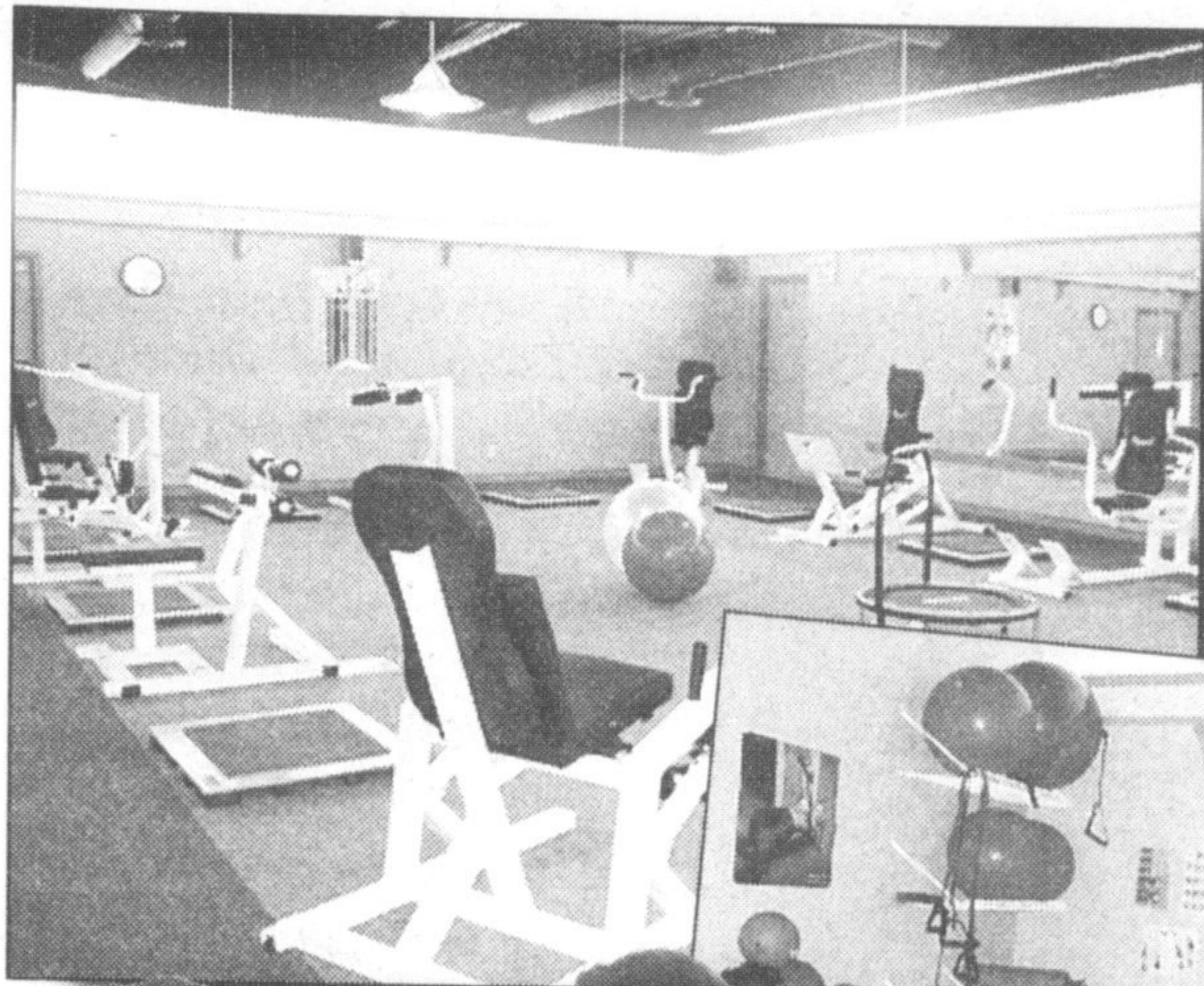


Milton Success Stories



Join in on the fun at



Physical activity, exercise, workout. Are these words you have heard before? They may be easy to say, but to actually do it, well that's just something all together different. Let's face it exercise is not an

easy task, and after a busy day it sounds much more appealing to take that small amount of personal time you've earned to sit in front of the TV, or on the couch with a good book. Exercise sounds good, and sure we've all tried it

before, but unfortunately even the best of intentions sometimes fail, and it's easy to understand why.

Any exercise program is going to take some time before it becomes routine, and before the benefits are realized. But with a constant effort, a will to succeed, and support from others you will soon recognize a transformation in yourself. Whether it's to lose weight or inches, gain strength and power, or increase your energy level, you will love the way you feel. When we start to

see changes in ourselves we quickly realize we like what we see, and how we feel. It's those small changes that encourage us to continue, and make exercise a lifetime commitment. Just ask our fitness instructor Tanya. Several years ago Tanya decided it was time to get serious about exercise. It was not easy, but she will tell you it was the best investment she ever made in herself. Tanya took her passion one step further, and now devotes her career to helping women recognize their potential.

Figures, a new "women-only" facility opened its doors in February of this year, and continues to increase its membership by offering women of all ages, sizes, and fitness levels a place to challenge themselves, and in an environment that is non-intimidating to even those who can barely say the words "fitness facility" let alone even be in one. We are there to address any questions or concerns, and to offer encouragement

Who understands women more than women? We recognize the busy lifestyles, and the never ending responsibilities women live with everyday. We also recognize the desire to feel good about ourselves.

Our circuit training program offers a quick 30 minute workout that incorporates both a cardiovascular component with strength conditioning. The equipment works every major muscle group in the body. Music plays, while a cue tells you when to move to the next piece of equipment. For the novice

person the equipment is easy to use, and its hydraulic resistance is adjustable to make it a challenge for even the most advanced athlete. It's just that easy, and effective. We have included a treadmill, elliptical trainer, and recumbent bike to enhance your cardiovascular workout, while free weights, exercise bands, and stability balls offer additional body toning. Our facility is complemented with a staff of certified personal trainers and fitness instructors. As an alternative to your regular workout, we offer a variety of fitness classes that are included with your membership.

Our facility is conveniently located in the "Pizza Hut" plaza, and offers hours from 6am- 8pm, Monday through Friday, and Saturday 9am-12pm. If it is the typical gym atmosphere you are looking for, then we are not for you. We have worked hard to create an atmosphere that is appealing from the moment you walk in the door. We offer showers, lockers, and private change rooms for those on the go.

So, if you've been thinking for some time about doing something for yourself, improving your self image, and being the best you can, it's time. We all have the power to accomplish what we want; it's about making a choice. See you soon.



Come see us at
550 Ontario St., Pizza Hut Plaza
905-878-8702 www.figures1.com

Carriage Square
CHIROPRACTIC HEALTH CENTRE

• CHIROPRACTORS
Dr. Heather Eveleigh
Dr. Shaun Demers

• REGISTERED MASSAGE THERAPIST
Jenna Goddard

• NATUROPATHIC DOCTOR
Orest Szczurko

Shaun, Jenna, Heather, Orest

Our Naturopathic doctor assesses the root cause of your illness, and stimulates the body's self-healing process using the following Naturopathic therapies;

- Clinical Nutrition • Botanical Medicine • Homeopathy
- Acupuncture • Hydrotherapy • Lifestyle counselling
- Functional biochemical testing

905-876-9987
Unit 2 - 15 Martin Street Carriage Square Plaza, Milton

Celebrate the New Woman In You!

Most members lose 5-10 inches in the first month!

CANADA DAY CELEBRATION
\$0 SERVICE FEE
Save up to \$179 this week only
HURRY! Offer expires July 10th

Cardiovascular/Strength Training for Women in Just 30 Minutes!

Reduce Body Fat • Increase Muscle Tone
• Speed Up Your Metabolism

Call Now!
905-878-8702

MONTHLY SPECIAL
SAVE \$150⁰⁰ off the Retail price*
on a Patioflame

NAPOLEON
FIREPLACES & GRILLS

Enjoy the Warmth...Enjoy the Outdoors with Napoleon's New Patioflame®

- All stainless steel construction • Totally weather resistant • Easy Installation • 60,000 BTU's • Realistic 5 piece patented GLOCAST™ log set • 5 Year Limited Warranty
- Liquid Propane or Natural Gas • Create your own surround to match your decor
- Approved for use on wooden decks, stone or brick patios and concrete

Visit Our Showroom Today!
HEATING & COOLING LTD.
Serving Milton & area for over 40 years
905-878-4821
103 Steeles Ave., Unit #7, Milton

just Wine

July is French Month.
From our "International Selection" Series.

Buy any two of:
Chardonnay • Merlot
Cabernet Sauvignon • Syrah

\$30⁰⁰ off 2nd batch

342 Bronte St. S. #2, Milton
(905) 876-9463

July is **RUBY MONTH!**
all Ruby Jewellery is **25% off** (in stock only)

Shop Downtown...The Heart of Milton

• Free Layaway • Free Gift Wrapping • Free Smiles

HALTON HILLS Fine Jewellery 218 Main St., Milton
Formerly The Gold Connection 905-875-2999
Hours: Mon-Wed 9:30am-6:00pm, Thurs-Fri 9:30am-8:00pm, Sat. 8:30am - 4:00pm

Every 10th Cleaning **FREE!**

\$25⁰⁰ off your first cleaning

- ◆ Reliable & Convenient
- ◆ Every Cleaning Inspected & Guaranteed
- ◆ One Time, weekly, Bi-Weekly or Monthly Service
- ◆ No Contracts, No Hidden Fees, No Long Term Obligations

MAID BRIGADE
Professional Home Cleaning Service
Beneath the clean, you'll find sparkling customer service.

Locally Owned & Operated Toll Free:
Call today for a No Obligation Estimate **1-866-327-5522**