

# Goodlife holds Summer Cycle event Wednesday

The Milton GoodLife Fitness Clubs are teaming up with Spokes 'N Slopes, M&M Meats, Home Hardware and the Harrop House Restaurant to host the 3rd Annual GoodLife Summer Cycle Wednesday.

The cycle will be held from 8 a.m. to 2 p.m. at the GoodLife Fitness Club at 409 Main St. E., and the goal is to raise \$15,000 to support the Halton Women's Place, Team Diabetes and the Stephen Lewis Foundation.

The event will be conducted outside on stationary bikes with music and instructors to lead the ride.

Members and non-members alike are encouraged to sign up, collect pledges and peddle to raise money. Families are also invited to a silent auction, Family Fun Day and a barbecue.

The GoodLife Fitness Summer Cycle is a community event created in support of a local charity and has grown to support local, national and international charities.

To become a rider, call Erin Craighead at (905) 876-3488. To sponsor a rider, call Gen Van de Haar at (905) 876-3483.

# English courses held

The Government of Canada Citizenship and Immigration office in conjunction with the Centre for Skills Development and Training will offer English courses this summer in Milton, Burlington and Oakville.

Classes will take place at E.C. Drury High School in Milton, the Bay Area Learning Centre in Burlington, and both the Centre for Skills Development and Training and White Oaks Secondary School in Oakville.

LINC (Language Instruction for Newcomers to Canada) and ESL (English as a Second Language) courses are free to individuals who qualify. Visitors to Canada can pay weekly or monthly to learn English while in the country.

The courses will be offered from Monday to August 19 from 9 a.m. to noon.

For more information about the courses, or to register, call (905) 845-1157, ext. 102.

# Learn Spanish

Starting Tuesday, the Centre for Skills Development and Training will offer conversational Spanish courses in Burlington and Milton.

Spanish, spoken by an estimated 300 million people, is said to be the third most used language in the world.

For those who want to learn from scratch or improve on a current Spanish speaking ability, the centre has a wide variety of Spanish classes for any skill level.

For more information, call (905) 333-3499, ext. 115.

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<p><b>2003 CADILLAC SEVILLE STS 4DR</b> 1 owner, power roof, wood, chrome, back-up, silver, only 56,000 kms. St#7377</p> <p><b>SPECIAL SALE PRICE \$34,988</b></p>	<p><b>2002 PONTIAC GRAND PRIX GT 4DR</b> 1 owner, power roof, chrome, CD, loaded, black, only 71,000 kms. St#7383</p> <p><b>SPECIAL SALE PRICE \$14,988</b></p>	<p><b>2000 BUICK LESABRE LTD 4DR</b> 1 owner, CD, leather, alloys, loaded, white, only 84,000 kms. St#49419A</p> <p><b>SPECIAL SALE PRICE \$8,988</b></p>	<p><b>2000 FORD MUSTANG GT CONVERTIBLE</b> Features 5 speed trans, 5.0L V8 engine, leather interior, CD, alloys, only 60,000 kms. Triple black. Pristine condition.</p> <p><b>SPECIAL SALE PRICE \$19,988</b></p>	<p><b>2004 BUICK CENTURY CUSTOM 4DR</b> Rental, V6, CD, loaded, white, 18,000 kms. St#7630</p> <p><b>SPECIAL SALE PRICE \$15,988</b></p>	<p><b>2001 OLDS ALERO GLS 4DR</b> Leather, 1 owner, pwr roof, chrome, CD, loaded, silver, 39,000 kms. St#7256</p> <p><b>SPECIAL SALE PRICE \$13,988</b></p>	<p><b>2001 BUICK CENTURY CUSTOM 4 DR</b> 1 owner, alloys, power seat, CD, loaded, silver, only 72,000 kms. St#7461</p> <p><b>SPECIAL SALE PRICE \$11,988</b></p>
<p><b>2001 PONTIAC GRAND PRIX GT 4DR</b> Power roof, chrome, leather, CD, maroon, only 87,000 kms. St#7431A</p> <p><b>SPECIAL SALE PRICE \$14,988</b></p>	<p><b>2000 BUICK LESABRE LTD 4DR</b> 1 owner, CD, leather, alloys, loaded, silver, only 104,000 kms. St#7582</p> <p><b>SPECIAL SALE PRICE \$13,988</b></p>	<p><b>2000 BUICK REGAL LS 4DR</b> 3.8 v6, loaded, green, only 59,000 kms. St#57199A</p> <p><b>SPECIAL SALE PRICE \$13,988</b></p>	<p><b>2002 OLDSMOBILE BRAVADA 4DR</b> 1 owner, power roof, leather, CD, loaded, brown, 63,000 kms. Balance of 100,000 km Powertrain Warranty.</p> <p><b>SPECIAL SALE PRICE \$25,988</b></p>	<p><b>2000 PONTIAC GRAND AM GT 4DR</b> 1 owner, CD, loaded, silver, only 94,000 kms. St#58325A</p> <p><b>SPECIAL SALE PRICE \$11,988</b></p>	<p><b>2000 CHEVROLET MALIBU 4DR</b> V6, power group, CD, loaded, green, only 87,000 kms. St#57070A</p> <p><b>SPECIAL SALE PRICE \$9,988</b></p>	<p><b>2004 PONTIAC GRAND AM GT 4DR</b> Rental, CD, alloys, loaded, red, 30,000 kms. St#7714</p> <p><b>SPECIAL SALE PRICE \$16,988</b></p>
<p><b>1999 CHRYSLER INTREPID 4DR</b> 1 owner, V6, A/C, loaded, beige, 72,000 kms. St#58942B</p> <p><b>SPECIAL SALE PRICE \$8,988</b></p>	<p><b>1999 PONTIAC GRAND PRIX GT 4DR</b> 3.8, power windows, power locks, loaded, white, only 84,000 kms. St#49419A</p> <p><b>SPECIAL SALE PRICE \$8,988</b></p>	<p><b>2004 CADILLAC SEDAN DEVILLE</b> Rental, leather, On-Star, loaded, white, 39,000 kms. St#7715</p> <p><b>SPECIAL SALE PRICE \$32,988</b></p>	<p><b>2002 CADILLAC ESCALADE EXT 4DR</b> 2nd owner, roof, chrome wheels, CD, loaded, black, only 78,000 kms.</p> <p><b>SPECIAL SALE PRICE \$44,988</b></p>	<p><b>2004 PONTIAC GRAND AM 4DR SE</b> Rental, V6, CD, alloys, pwr. group, 27,000 kms. St#7734</p> <p><b>SPECIAL SALE PRICE \$14,988</b></p>	<p><b>2003 CADILLAC CTS 4DR</b> 1 owner, leather, CD, loaded, beige, 58,000 kms. St#7169</p> <p><b>SPECIAL SALE PRICE \$27,988</b></p>	<p><b>2001 PONTIAC GRAND PRIX GT 4DR</b> 1 owner, alloys, roof, CD, loaded, black, 47,000 kms. St#7585</p> <p><b>SPECIAL SALE PRICE \$15,988</b></p>
<p><b>WHOLESALE "AS IS" VEHICLES</b></p> <p>1994 FORD F150 1/2 TON SM72998 Auto, 6 cylinder, regular cab, white, 287,000 kms ..... \$988</p> <p>1993 CHEV 1/2 TON PICK UP SM59673A 5 litre V8 engine, auto, work truck, blue, 250,000 kms ..... \$988</p> <p>1992 BUICK LESABRE CUSTOM 4DR SM7464A 3.8 V6, loaded, silver, 190,000 kms ..... \$1,988</p> <p>1988 CHRYSLER NEW YORKER 4DR SM7171A 3.0 V6, power group, loaded, blue, 125,000 kms ..... \$1,988</p> <p>1988 CADILLAC FLEET WOOD BRM SM55260A 1 owner, loaded, cloth interior, maroon, 85,000 miles ..... \$1,988</p> <p>1992 BUICK LESABRE CUSTOM 4DR SM52701A 3.8 V6, A/C, loaded, white, 105,000 kms ..... \$2,488</p> <p>1990 FORD E350 XLT 11 PASSENGER SM7560A Van, Club wagon, A/C, blue/white, 122,000 kms ..... \$2,988</p> <p>1994 BUICK CENTURY 4DR SM51037A V6, power package, loaded, white, 74,000 kms ..... \$2,988</p> <p>1995 DODGE 1 TON 15 PASSENGER VAN SM58935A Ram wagon, loaded, white, 291,000 kms ..... \$3,988</p> <p>2001 PONTIAC GRAND PRIX SE 4DR SM45449A V6, power group, loaded, beige, 163,000 kms ..... \$4,988</p> <p>1996 GMC SAFARI SM7579A Loaded, brown, 118,000 kms ..... \$4,988</p> <p>1996 JEEP CHEROKEE SPORT 4DR SM44415B 4x4, 5 passenger, str 6, CD, green, 167,000 kms ..... \$4,988</p> <p>1997 CHEVROLET VENTURE 4DR 7 PASSENGER SM49276B Power group, CD, loaded, beige, 152,000 kms ..... \$4,988</p> <p>1998 PONTIAC MONTANA EXT SM7671A A/C, 7 passenger, alloys, loaded, green, 179,000 kms ..... \$5,988</p> <p>1999 GMC SIERRA 1/2 TON SM7181B Auto, A/C, 4.3 V6, loaded, blue, 102,000 kms ..... \$8,988</p> <p><small>VEHICLES MAY BE TEST DRIVEN BY YOUR MECHANIC PRIOR TO PURCHASE.</small></p>			<p><b>1997 CHEV LUMINA LS 4DR</b> 1 owner, V6, power group, loaded, green, 35,000 kms. St#57010B</p> <p><b>SPECIAL SALE PRICE \$9,988</b></p>	<p><b>2004 GMC SIERRA SLE 4X4 EXT CAB</b> V8, loaded, white, only 27,000 kms. St#7484</p> <p><b>SPECIAL SALE PRICE \$29,988</b></p>	<p><b>2004 GMS CANYON SLE 4X4</b> GM Ex, leather, chrome, loaded, black, only 12,000 kms. St#7481</p> <p><b>SPECIAL SALE PRICE \$29,988</b></p>	
<p><b>2005 GMC ENVOY SLE 4DR 4X4</b> 1 owner, 5 passenger, CD, loaded, silver, only 22,000 kms. St#7704</p> <p><b>SPECIAL SALE PRICE \$33,988</b></p>	<p><b>2005 GMC YUKON DENALI 4DR</b> GM Exec, quad seats, chrome, leather, CD, maroon, 8,000 kms.</p> <p><b>SPECIAL SALE PRICE \$49,988</b></p>	<p><b>2005 GMC SIERRA EXT SLE 4X4 Z71</b> 5.3L, leather, CD, loaded, 7 passenger, black, 22,000 kms. St#7550</p> <p><b>SPECIAL SALE PRICE \$35,988</b></p>	<p><b>2003 CADILLAC ESCALADE SUV 4X4</b> GM Ex, quad seats, chrome, power roof, loaded, pr/red, 23,000 kms. St#7331</p> <p><b>SPECIAL SALE PRICE \$54,988</b></p>	<p><b>2003 GMC ENVOY SLE 4DR 4X4</b> 1 owner, roof, leather, chrome, 2 TVs, DVD, blue, 76,000 kms. St#1010</p> <p><b>SPECIAL SALE PRICE \$27,988</b></p>	<p><b>1997 CADILLAC STS 4DR</b> 2nd owner, leather, CD, loaded, pewter, 149,000 kms. St#58953A</p> <p><b>SPECIAL SALE PRICE \$11,988</b></p>	
<p><b>2005 GMC DENALI CREW CAB AWD</b> SLE, pickup, GM Ex, leather, loaded, grey, only 9,000 kms. St#7557</p> <p><b>SPECIAL SALE PRICE \$53,988</b></p>	<p><b>2003 CADILLAC ESCALADE SUV 4DR</b> Power roof, chrome, CD, quads, leather, loaded, pr/whr, 21,000 kms. St#7332A</p> <p><b>SPECIAL SALE PRICE \$58,988</b></p>	<p><b>2002 GMC 1500 CARGO VAN</b> 1 owner, 7500 GVW, 5.0 litre, A/C, auto, white, 126,000 kms. St#1010</p> <p><b>SPECIAL SALE PRICE \$16,988</b></p>	<p><b>2003 GMC SIERRA CREW CAB HD SLE</b> 1 owner, loaded, cloth interior, 4x4, black, only 38,000 kms. St#7422</p> <p><b>SPECIAL SALE PRICE \$31,988</b></p>	<p><b>2002 GMC 2500 CARGO VAN</b> 1 owner, 7300 GVW, 5.0 litre, A/C, auto, white, 95,000 kms. St#1010</p> <p><b>SPECIAL SALE PRICE \$17,988</b></p>	<p><b>2002 CHEVROLET TAHOE Z71 LT 4X4</b> 1 owner, power roof, leather, CD, loaded, black, only 67,000 kms. St#7242</p> <p><b>SPECIAL SALE PRICE \$29,988</b></p>	

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