



SHAPIN' UP FOR CHARITY: At left, guest instructor Maureen Hagan leads a group of participants through a morning body pump class during GoodLife Fitness Club's fourth annual Summer Cycle charity event recently. Above, Amanda Aldrich stretches before exercising. At right, Hunter Foster, 12, enjoys riding the stationary bike. The annual fundraising event brought in \$15,000, which will go toward the Steven Lewis Foundation to aid women and children with AIDS in Africa, as well as Halton Women's Place and GoodLife's Kids Foundation.

GRAHAM PAINE / CANADIAN CHAMPION



La Rose
Italian Bakery & Delicatessen

Fresh Bread and Buns Baked daily 7 days a week!

AWARDS
2005

Bakery Special



\$1.25^{ea}

Crusty Calabrese Bread

Garden Centre
Everything **40% off**
Excluding Soil

Fresh Produce No. 1 Grade

 Product of Ontario English Cucumber 99¢^{ea}	 Product of Ontario Sweet & Juicy Peaches 99¢^{lb}	 Product of U.S. Green & Red Seedless Grapes \$1.49^{lb}
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Delicatessen

Brandt's Premium Oven Roasted Turkey Breast \$5.99^{lb} OR \$1.32/100g	Brandt's Turkey Kolbassa Coil \$3.99^{lb} OR \$0.88/100g	San Daniele Regular Mortadella \$4.49^{lb} OR \$0.99/100g
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SPECIALS IN EFFECT FROM TUESDAY, AUGUST 8TH TO MONDAY, AUGUST 14TH, 2006. WHILE QUANTITIES LAST.

327 Bronte Street S. • White Oaks Plaza
905-875-0303

REGULAR STORE HOURS
 Mon.-Thurs. 8:30 am - 7 pm
 Friday 8:30 am - 8 pm
 Saturday 8:30 am - 6 pm
 Sunday 9:00 am - 5 pm

Derry Rd	Bronte St	Main St
	X	

2006
Labour Day Weekend

CANADA'S LARGEST

ribfest

Burlington Lakeshore

Presented to you by The Rotary Club of Burlington Lakeshore and VH

Labour Day Weekend
 Friday, September 1st to Monday, September 4th
 at Spencer Smith Park in Burlington, Ontario
www.canadaslargestribfest.com

Free Admission

