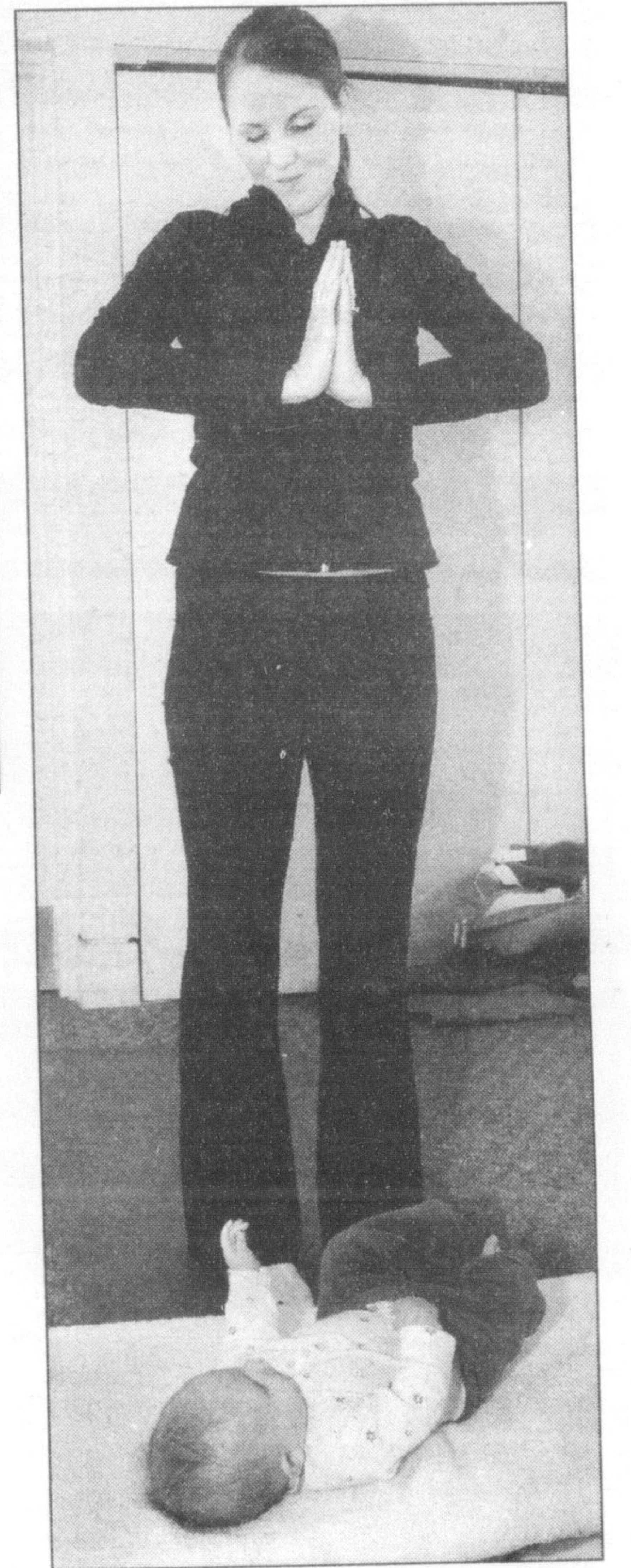
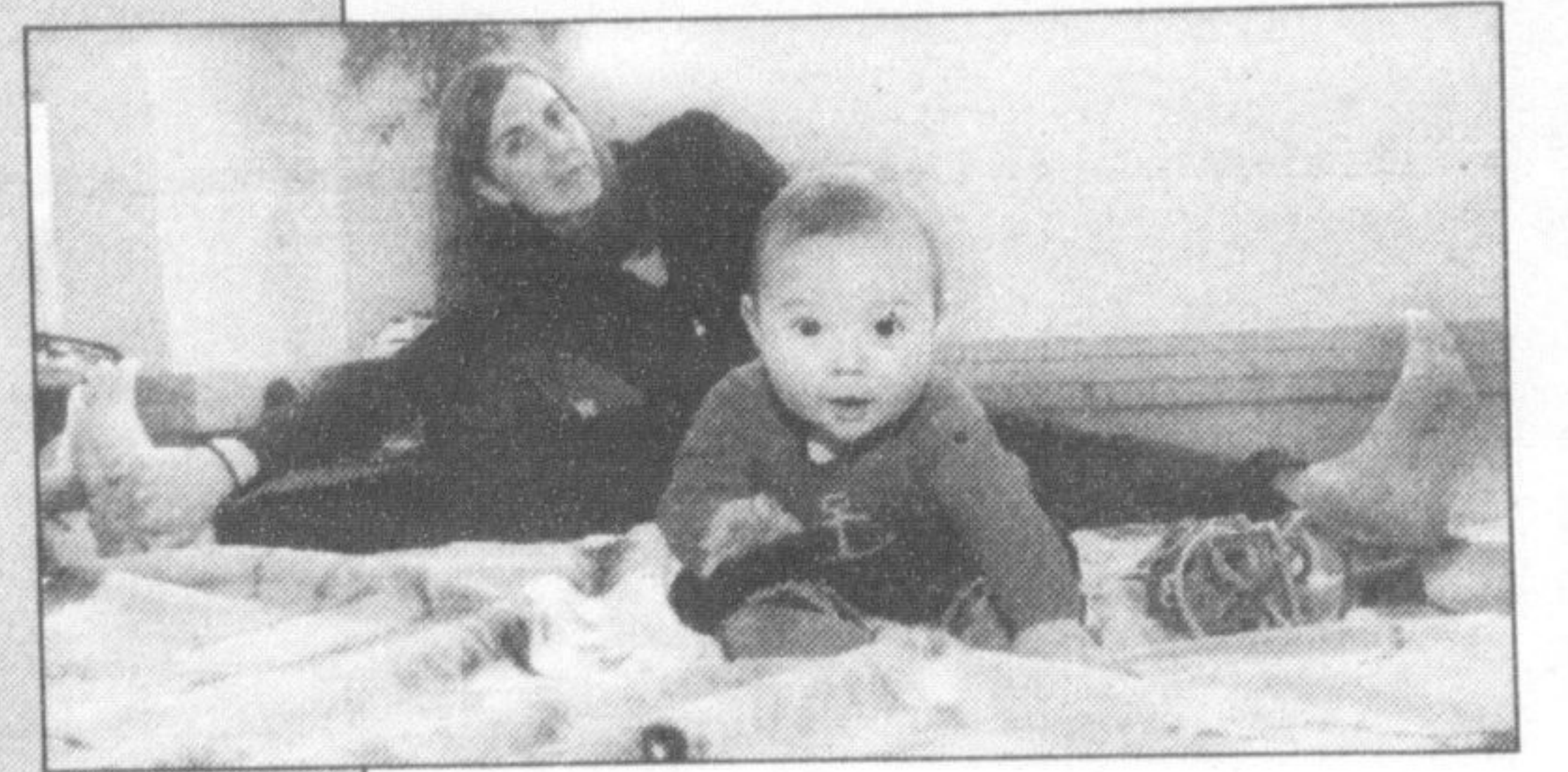


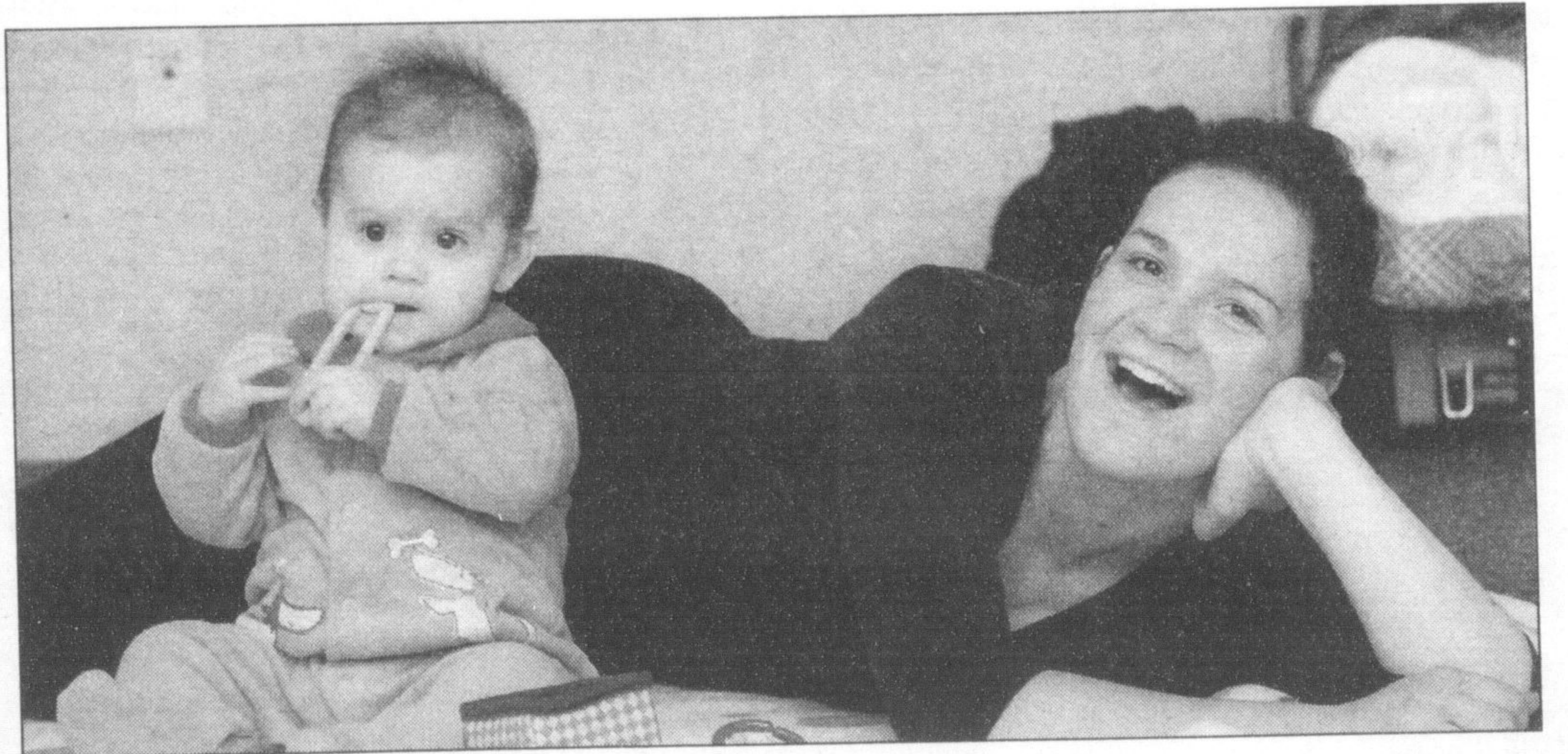
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# COMMUNITY



**BABY YOGA:** Clockwise from above: Jenn Carkner exercises with six-month-old son William during the Monday morning Mom 'n Baby Yoga class at Milton Leisure Centre. The two participants stretch out during class. Jill Coronado gazes fondly down on five-month-old daughter Ella while performing one of the exercises. Seven-month-old Kelsea looks ready to get going with mom Amanda Walker. Coronado helps Ella stretch herself to the limit. The 10-week, hour-long program, each Monday morning, gives moms a chance to spend time with their babies as well as offering a gentle way to get back into a workout routine.

GRAHAM PAINE / CANADIAN CHAMPION



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## Cogeco Cable Channel 14 Programming Schedule - Tuesday, April 10 - Monday, April 16, 2007

Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13	Saturday, April 14	Sunday, April 15	Monday, April 16
8:00am - 1:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - 12:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - Midnight Plugged In! EXTRA	8:00am - 6:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA
1:00pm SportsZONE Live	1:00pm Halton Hills Council (cc)	12:00pm Swap Talk	1:00pm Milton Special Council		6:00pm Halton Hills Council (cc)	1:00pm Halton Hills Council (cc)
2:00pm - 6:30pm Plugged In! EXTRA	3:00pm - 7:00pm Plugged In! EXTRA	1:00pm Milton Council	3:00pm - Midnight Plugged In! EXTRA		8:00pm - Midnight Plugged In! EXTRA	3:00pm - 8:00pm Plugged In! EXTRA
6:30pm Optimist TV Bingo (Live)	7:00pm Simply Halton	3:00pm - 8:00pm Plugged In! EXTRA				8:00pm SportsZONE Live
7:30pm Plugged In!	7:30pm Plugged In! EXTRA	8:00pm Living Healthy				9:00pm - Midnight Plugged In! EXTRA
8:00pm Auto Experts (Live)	8:00pm Swap Talk	9:00pm Milton Special Council				
9:00pm Halton Hills Council (cc)	9:00pm Milton Council	11:00am - Midnight Plugged In! EXTRA				
11:00pm - Midnight Plugged In! EXTRA	11:00pm - Midnight Plugged In! EXTRA					