

Gentle Fitness classes starting

If the idea of sweating through a fitness routine is not appealing, there is an option called gentle fitness.

"It's for people who are a little older or heavier, people who don't feel comfortable coming to a conventional fitness class," said instructor Sue Thompkins.

She says there is a need for less strenuous programs and has designed this 45-minute class to fill the gap for these women. Following a 10-minute warm-up is 10 minutes of muscle-toning exercise, five minutes of no-bounce aerobics and a 10-minute cool-down concludes the class. This allows for 10 minutes of discussion after the class and a cup of coffee.

"Everybody has so many questions," said Ms Thompkins, a YMCA fitness instructor. "They want to know why they do certain exercises and are not content with just being told to do it."

She said this social time will likely develop some friendships and add to the atmosphere of the class. She will encourage participants to work at their own pace and plans to modify the program to suit participants. Gentle fitness is offered Wednesday mornings from 10:30-11:15 at St. Paul's United Church. The program began today (Wednesday) but late registrations are accepted and fees will be pro-rated accordingly.

Through Milton-Y. Ms Thompkins

is again conducting morning fitness classes for women from 9-10 on Mondays, Wednesdays and Fridays. There is an option of no-bounce aerobics in this program at St. Paul's. A co-ed fitness class is held Mondays, Tuesdays and/or Thursdays at E. W. Foster School from 8:45-9:15. Participants may choose to combine evening and day-time classes, she said.

Babysitting is available for the morning classes only. All programs began this week and run for 15 weeks. Fees are geared to the frequency of participation starting at \$45 for once a week, \$82 for twice and \$120 for three times a week.

Centre registrations being held this Friday

New programs for first-time mothers and single parents as well as the old stand-by programs at The Centre can be registered for on Friday.

The fall session begins the week of Sept. 22 and includes parenting courses, after-school groups for children needing extra peer integration, craft making, self-awareness for women, and drop-ins. A \$10 registration fee is charged and an additional

\$10 to cover refreshments, is collected before the end of the 10-week session.

The Centre, located off Main St., behind the Lido Restaurant, will be open for registration Friday from 10 a.m. to noon, 1-3 p.m. and 7-9 p.m. Those interested in programs may also drop in any weekday morning to register or call executive director Carole Behn at 876-1244.

Dateline

Dateline is a free listing of coming events only available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if other demand is low.

Notices for Dateline should be written and handed in at the office of The Champion, 791 Main St. E. or mailed to us at Box 248, Milton, L7T 4N9. The final deadline is Friday at 5 p.m. for Wednesday's edition and Tuesday at 5 p.m. for Friday's edition. No items for Dateline will be accepted by telephone.

Wednesday Sept. 10.

Families and friends associated with sufferers of eating disorders such as ANOREXIA NERVOSA and BULIMIA are invited to a meeting of a group to provide mutual support and information at 7:30 p.m. at Wellington Square United Church, 2121 Caroline St., Burlington. The special speaker is Diana Donald, from Toronto.

MILTON MODELERS ASSOCIATION is inviting all persons interested in radio-controlled modelling - boats, cars and planes - to attend the next monthly meeting at the Royal Canadian Legion building on Charles St., third floor, at 8 p.m.

Mothers in the Milton area who are seeking information about breastfeeding can contact LA LECHE LEAGUE of Milton. The local group's leaders will answer questions and

help breastfeeding mothers with problems. In addition, the local group meets monthly to discuss breastfeeding and mothering issues. This month's meeting will be held at 8 p.m. at 539 Holly Ave. For further information, call 878-1387 or 878-4803.

Thursday Sept. 11

UNIVERSITY WOMEN'S CLUB will hold Gourmet Delights at 7:30 p.m. at Milton Public Library featuring music by the Kelso Trio. Desserts and coffee. Prospective members are welcomed. For further information call 878-1070.

Sunday Sept. 14

GUELPH'S ROD AND GUN CLUB will hold a Turkey Shoot at 1 p.m. at the club in Eden Mills. Twelve-gauge shotguns with double-A shells, high-score trophy. Everyone welcomed.

Wednesday Sept. 17

MILTON TOURISM COMMITTEE meets at 8:30 a.m. in the Committee Room, Milton Town Hall, Victoria Park Square. Interested members of the public are welcomed to volunteer to serve on sub-committees. Minutes of previous meetings are available at the Milton Planning Office or the Milton Chamber of Commerce office. For further information, call Robin Kitchen, Planning Dept. 878-7211.



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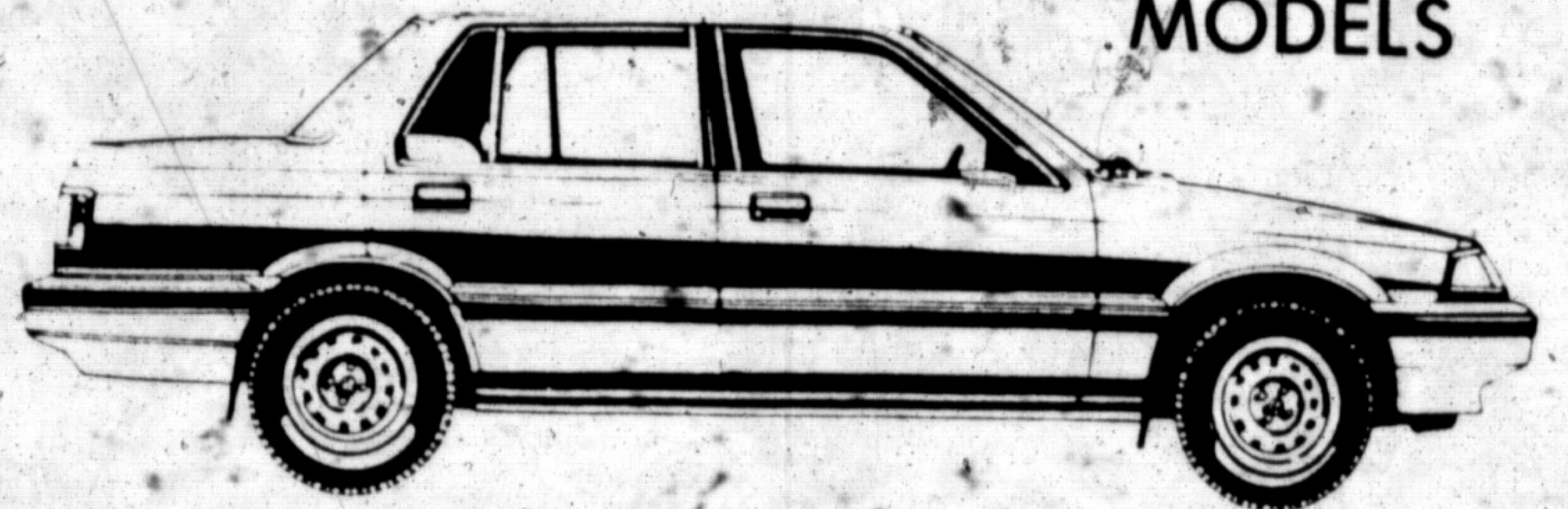
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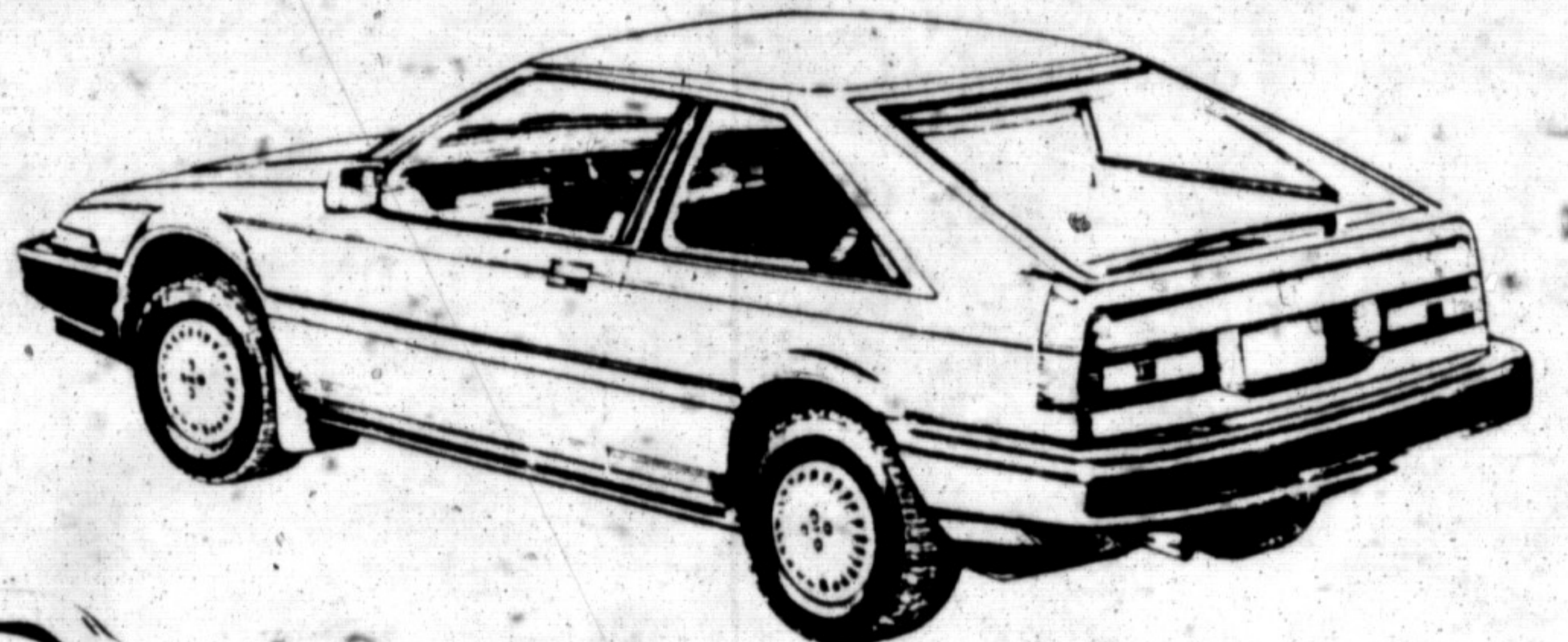
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