

Disappearing hopes

Dear Editor:
I read with interest the last paper of 1986 and would like to voice my opinion as to the disgrace of 1986 in Milton.

In June, 1985, the town was alive with feelings of curiosity and happiness as we welcomed Hydrogrowers and Glaspod to Milton with plans of a new growing concept and new industry for Halton-Peel. It was such a joy for me to be a part of the official dedication of Hydrogrowers.

But, 1986 has brought about bankruptcy and foreclosure of Hydrogrowers. What happens now to all the promises they made? I am sure our mayor, our regional direc-

Our readers write

tor, the Chamber of Commerce and the entire town has been shaking their heads in disbelief as we drive along Derry Road and see a sore-thumb development.

I am positive this town would have been jumping with employment prospects with both Hydrogrowers and Magna in full swing. I wonder if it will ever come to be. I know, personally, it will not for me. You see, I am handicapped and Hydrogrowers took me into their shops, promising to look after me, and then when things got tough, dumped me.

Can I do anything about it? Obviously not.
Happy New Year, Milton. Let us

try to be a little more aware of what is happening in our town. Maybe Milton will eventually become the gateway of a leading municipality. We need to look after our best interests and I salute those who really care.

JOHN C.W. PLOEG
Bronte St., Milton

We reached our goal

Dear Editor:
Another new year is beginning and another United Way campaign has

wound down. Even though the figures were slow in coming and we could not project our results so early, we have had another successful year and reached our goal.

We say this as a fact, not as a back-slap or build-up, just as the result of another annual effort.

The real success is the growing involvement of the people of Milton. More people than ever before got involved, worked hard, planned and contributed both monetarily and physically.

Thank you Miltonians, and take a bow. Please keep up the great work, keep designating Milton on your payroll deduction forms and keep welcoming your canvassers. Without your help the 23 member agencies of your United Way would not be able to meet the needs of our community.

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Fitness instructor figures on expanding program

By LISA TALLEY
Champion Reporter

Fitness Figures, which formerly operated from a tiny studio on Mill Street, has moved to the Optimist Centre.

Diane French, who heads the classes which run three days a week, plans to take advantage of the increased space and improved facilities by adding three new classes to her weekly schedule.

"My Monday, Wednesday and Friday classes that run from 9:15 to 10:15 a.m. are geared to intermediate and advanced participants," said Ms. French.

"I will be offering a 10:30 to 11:30 a.m. class on those same days, but those will be for beginners and intermediates."

The new facility includes expanded change rooms and a raised floor. Ms. French says the professional floor has a layer of air between it and the concrete base so it provides a cushioning for participants in her classes.

She is constantly updating her classes, and has already taken several courses offered through both the federal and provincial governments, on new techniques.

"In my current classes, the first five to seven minutes are spent warming up. Thirty minutes are devoted to increasing the participants' cardiovascular endurance."

The half-hour cardio aerobic section of the class includes no-bounce aerobics.

"The no-bounce method is less stressful and allows people who are a little overweight, or maybe not in the greatest shape, to make the most of the aerobics."

That technique has been just recently added to her repertoire.

Participants are encouraged to use weights, which can vary from the ones sold in sporting good stores, to soup cans, in order to maximize the benefits of the program.

The aerobics are followed by a series of calisthenics which put all muscle groups through a workout.

Each class ends with a five-minute cool-down period.

"I always tell the students in my class that this is their reward for all their hard work."

Ms. French has been involved in fitness for ten years, the past eight of them in Milton. She is also head coach for the Springers' Girls Recreational Gymnastics team.

She got started innocently enough, taking classes for her own benefit, but her appreciation for the benefits grew to the point where she began teaching.

She is registered with the Ontario Fitness Council and has her basic Ontario Fitness Leadership.

"Fitness has been changing over the years, and the government is taking an increasing interest in it. We are constantly being trained in new safety measures and techniques to cut down on injury. Many people do exercises incorrectly that can cause damage."

Along with a solid exercise program participants in Ms. French's classes get sound advice on healthy eating habits.

"My classes are designed to tone people and to help them lose weight also. One of the women in my class lost 100 lbs. and she has kept that weight off from more than a year."

Her classes are co-ed. Anyone interested in participating in the 9:15 to 10:30 a.m. classes are encouraged to call Ms. French at 878-7365.

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