

# Centennials split on weekend

Midland Stoneleigh Centennials came up flat Friday night and dropped a 10-5 decision at the hands of Oro 77's, but rebounded for a 7-5 win Sunday night against Penetang Huronia Chrysler Kings.

After falling behind 4-0 in the first period Friday, Midland struck for four in a row in eight minutes and 10 seconds in the middle frame to draw within one at 5-4. However, Oro scored twice more early in the third making the score 8-4 before Midland replied with one.

Centennials received second period goals from Brian Esterbrook with a pair, Ted French and Mark Dubeau.

Sunday night at Centennial Arena began as a replay from Friday night for the Cents as Penetang jumped to a 3-0 first period lead before the period was 10 minutes old.

Derek Pifer from Kelly Scudder counted at 6:05, while Roy Hildebrandt connected 51 seconds later on a play with Gilles Charlebois and Doug Robertson. Charlebois gave the Kings a 3-0 lead less than three minutes later converting passes from Gary Lynch and Hildebrandt.

John Richardson teamed with Mike Larmand and Doug Kirton at 18:08 on the power play to put the Cents on the scoreboard.

Larmand and Gieseler notched markers in the middle frame to knot the score at 3-3. Gieseler's came on the power play with Kirton and Dave Davies.

Stoneleigh Cents wasted no time in taking the lead in the final 20 minutes as Larmand struck for his second of the game at the 1:48 mark. Mark Dubeau scored Midland's fifth in a row at 4:27 from Dan Garagan. Brent Dubeau from Charlebois and Desjardins connected for Penetang on the power play before Cents' Davies cashed in on a penalty shot at 16:14. Glen McDermott iced the victory for

Midland less than a minute later. Chris Moreau clicked with a half minute remaining in the contest from Perry Beausoleil for

Penetang's final marker.

John Gibson in the Midland net faced 39 shots to 44 for Bob Sidell in the Kings' net.

Midland's next contest will be Friday night on the road in Oro to exact revenge on their Friday night drubbing.

## Sports Scene



### In alone

A Stayner Siskin is left all alone in Penetang's zone as he prepares to take a shot. With a neat deke, the forward slipped the puck around

the Penetang netminder into the net for a goal. Kings were outplayed in the first and

third periods Friday night at Penetang Arena as they fell 6-2 to Stayner.

## New studio already has 200 members

Benefits Fitness owned and directed by Vicky Duncan and Julie Leaven, is the new fitness studio in Midland. The studio is located at 282 King Street in the Martial Arts building.

Benefits Fitness opened their doors on September 14th 1987 and have over 200 members already.

Vicky and Julie have both worked in the fitness field for eight years developing safe, well balanced exercise programs. Their experience and knowledge will help you on your road to achieving a healthy lifestyle.

The main goal behind the studio is to offer a professional workout on a full time basis. Vicky and Julie offer 42 hours per week of fitness classes. They have something for everyone. Beginner classes, low-impact, dance aerobics, bottoms-ups (working those problem areas) advanced workouts and intermediate workouts.

Benefits Fitness also offers speciality programs such as ski-conditioning (downhill and cross-country). This program starts on Wednesday, Oct. 28th at 6:15 p. m. featuring new variety training to enhance muscle, strength and endurance along with cardio vascular conditioning. Classes will run for two weeks once a week. Cost for non-members \$30.

On Oct 14th Ms Laney Marshal from Womensports in Toronto spoke on the importance on proper footwear and undergarments.

The seminar was well attended by 90 people and was followed by a Hawaiian workout. The next special seminar will be at the end of November with Dr. David Sloan speaking on the concept of wellness.

In January Vicky and Julie will be offering fitness for "SIZEABLE PEOPLE". The prerequisite being, people must be at least 15 pounds overweight. This course will learn how to balance eating and activity for permanent weight control.

Benefits Fitness is open six days a week from 9:02 a. m. - 9: p. m. Please call Vicky or Julie anytime 526-0676.



### Hawaiian beauty

Vicki Duncan is all decked out in her Hawaiian finery complete with a perfect smile as she leads the group in a dance number at Benfits Fitness. Vicki is co-owner

of Benefits with Julie Leavens. They held a sports bra and shoe seminar at their location on King Street in the building occpied by Warrener's Martial Arts Academy. Approx-

imately 90 ladies attended the evening's festivities which included punch, snacks, good conversation and great music.

## Marauders lose to Ontario champs

How do you prepare for a game against last year's Ontario Champions from Innisdale? Coach John Brown of the Senior Lady Marauders decided to apply a full-court press in the game Thursday at MSS. Initially the strategy worked as the stronger Barrie girls struggled to handle the pressure with only a 4 point lead. Monique Armstrong and Karen Graham with 8 points each turned over the ball often until strong outside shooting from

Erica Sibbett and effective rebounding from Kelley Hoggarth of Innisdale shot the Barrie crew into a 30 - 17 halftime lead.

Excellent two-way from Pam Balabuck and Jennie Hawkins pushed the Lady Marauders to within 8 points but the more accurate shooting of the Innisdale girls spread the margin to 18 points as they broke through the press. Coach Brown's continuous substitution keep the pace of the game very high

throughout causing the Innisdale squad many headache. Innisdale coach, former MSS teacher Brigg Harvey, rallied his troops using efficient ballhandling to hold on for a 59 - 40 victory.

This was the toughest match of the year for the Lady Marauders and seemed to prove that with a little better shooting average, they can play with the best of them.