

**A FIRST for CANADA
A FIRST for ONTARIO
A FIRST for RUSSELL**

**Canada's ONLY Residential
Health & Fitness Spa**

A New You

R.R. 3, RUSSELL, ONTARIO



SPECIALIZING IN

WEIGHT REDUCTION: By supervised water
& juice fasting & low calorie diets

WEIGHT CONTROL and Maintenance

PHYSICAL FITNESS: Individually tailored programmes

RELAXATION from all stress

Indoor Pool – Sauna – Equipped Gynmasium

Beautiful New Accommodation – Secluded and Private
Masseuses and Physical Fitness Instructors

Daily Massage Sessions and Exercise Programmes

Reservations accepted now (7 day stay minimum)

**SPECIAL FEATURE FOR
RUSSELL & AREA RESIDENTS**

WEEKLY KEEP FIT CLASS

Slim, Trim and Swim your way to health and beauty

A New You

Classes held Wed. evening or Sat. morning. Fee, \$12.50 per month

Enrolment very limited, strictly on a first phoned first reserved basis

Phone NOW for reservation for residential (7 or more days) programme, or weekly non-res. fitness class

Tel.: 445-2891