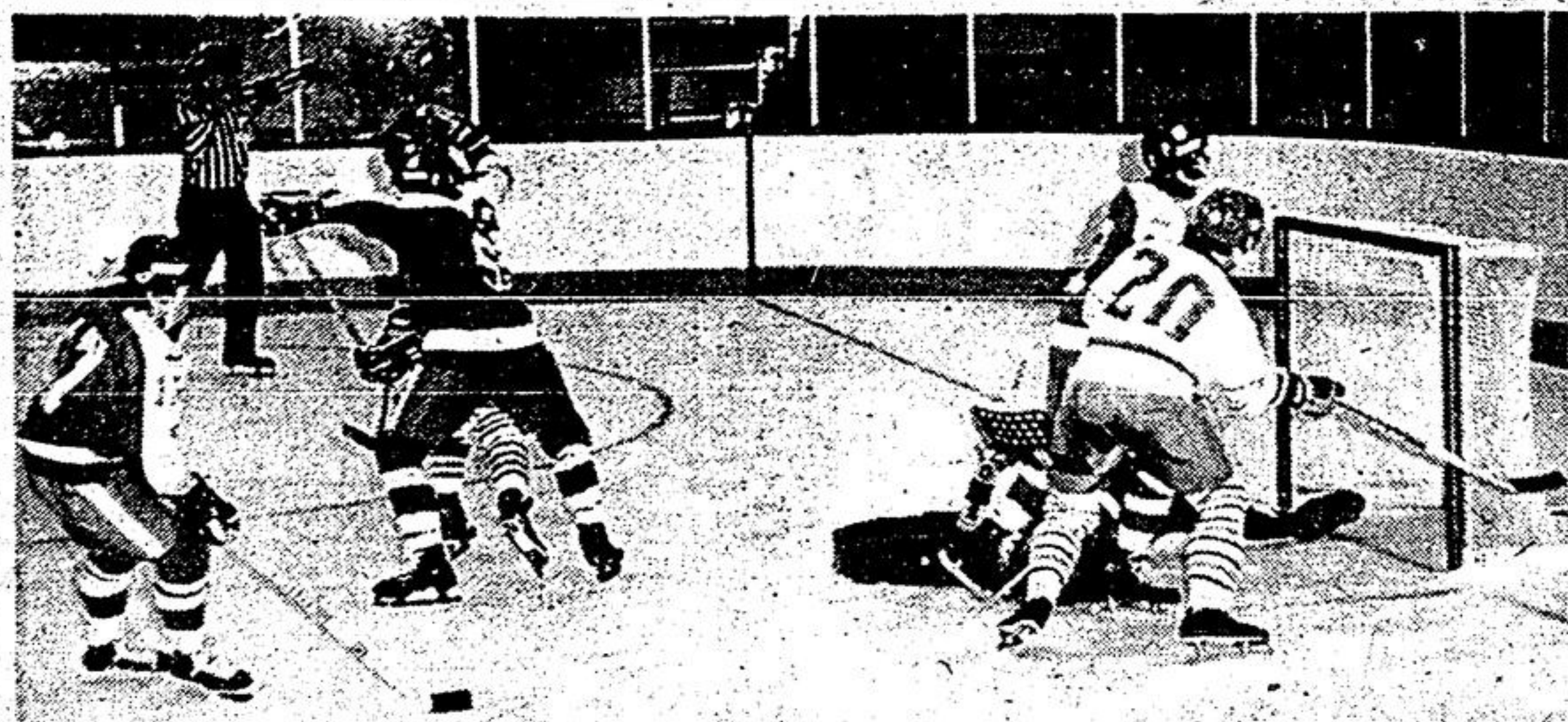
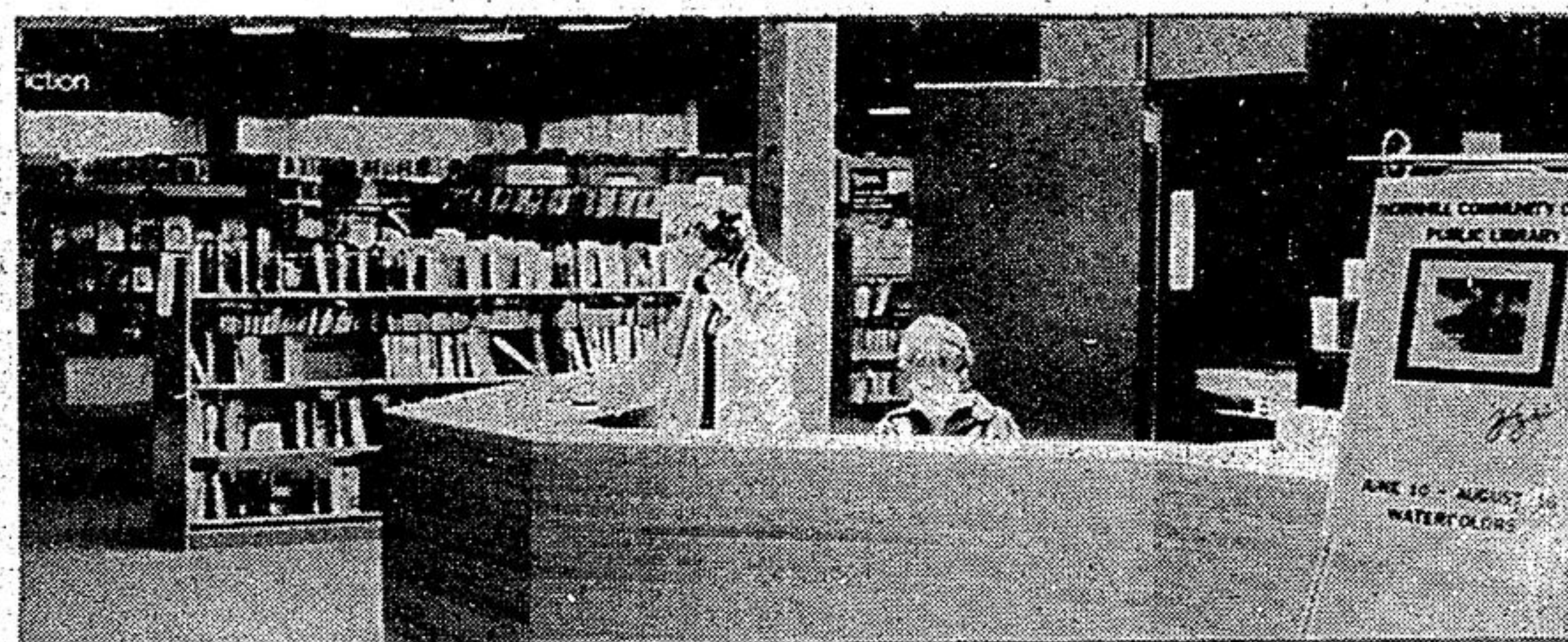


# MARKHAM • • • YOU'VE GOT IT ALL



**ICE RINKS (SOME YEAR ROUND)**



**LIBRARY**

**Join your Fitness Centre  
To-day.**

**MEMBERSHIP INFORMATION**

Membership in the Fitness Centre begins with a comprehensive Testing and Evaluation. Our protocol includes tests for major fitness components such as: cardiorespiratory endurance, vital capacity, flexibility, strength, abdominal fitness, posture, fat measurements, reaction time, co-ordination, etc. The results of the Fitness Test will be presented in the form of a "Fit Pak" and members are encouraged to become familiar with this personalized evaluation. Our Centres include dry saunas and whirlpools for a relaxing recovery after your workout.

**HOURS OF OPERATION**

**Markham:**  
Mon. - Fri. — 12 noon to 10 p.m.  
Sat. & Sun. — 9:00 a.m. to 4 p.m.  
(after Sept. 4/79 - See Thornhill hours)

**Thornhill:**  
Men  
Mon. thru Fri. — 6:30 a.m. to 10 p.m.  
Sat. & Sun. — 9 a.m. to 4 p.m.  
Ladies  
Mon. thru Fri. — 9 a.m. to 10 p.m.  
Sat. & Sun. — 9 a.m. to 4 p.m.

**FEEES**

Town of Markham Residents  
Senior (18 and over) \$160.00  
Husband & Wife \$305.00  
★ Intermediate (18-20 Incl.) \$145.00  
Non-Resident Membership Fee \$220.00  
★ **Intermediate Membership is available in conjunction with a Senior Membership and is restricted to members of the immediate family.**

**DUAL MEMBERSHIPS**

A limited number of Dual Memberships will be issued in each Home Club.  
The fee: Residents \$16.00  
Non-Residents \$22.00

**THE ANNUAL MEMBERSHIP FEE INCLUDES**

- \* A Comprehensive Fitness Testing & Evaluation
- \* A Personalized Exercise Program.
- \* Diet and Nutrition Counselling

**FACILITIES INCLUDE**

**Markham:**  
3 Squash Courts.  
Co-Ed Exercise Gym.  
Men's & Ladies' Locker Rooms.  
Men's & Ladies' Saunas.  
Co-Ed Whirlpool.

**Thornhill:**  
2 Squash Courts.  
Indoor Running Track — 9 1/2 laps to the mile.  
Co-Ed Exercise Gym.  
Men's & Ladies' Locker Rooms.  
Men's & Ladies' Whirlpools & Saunas.

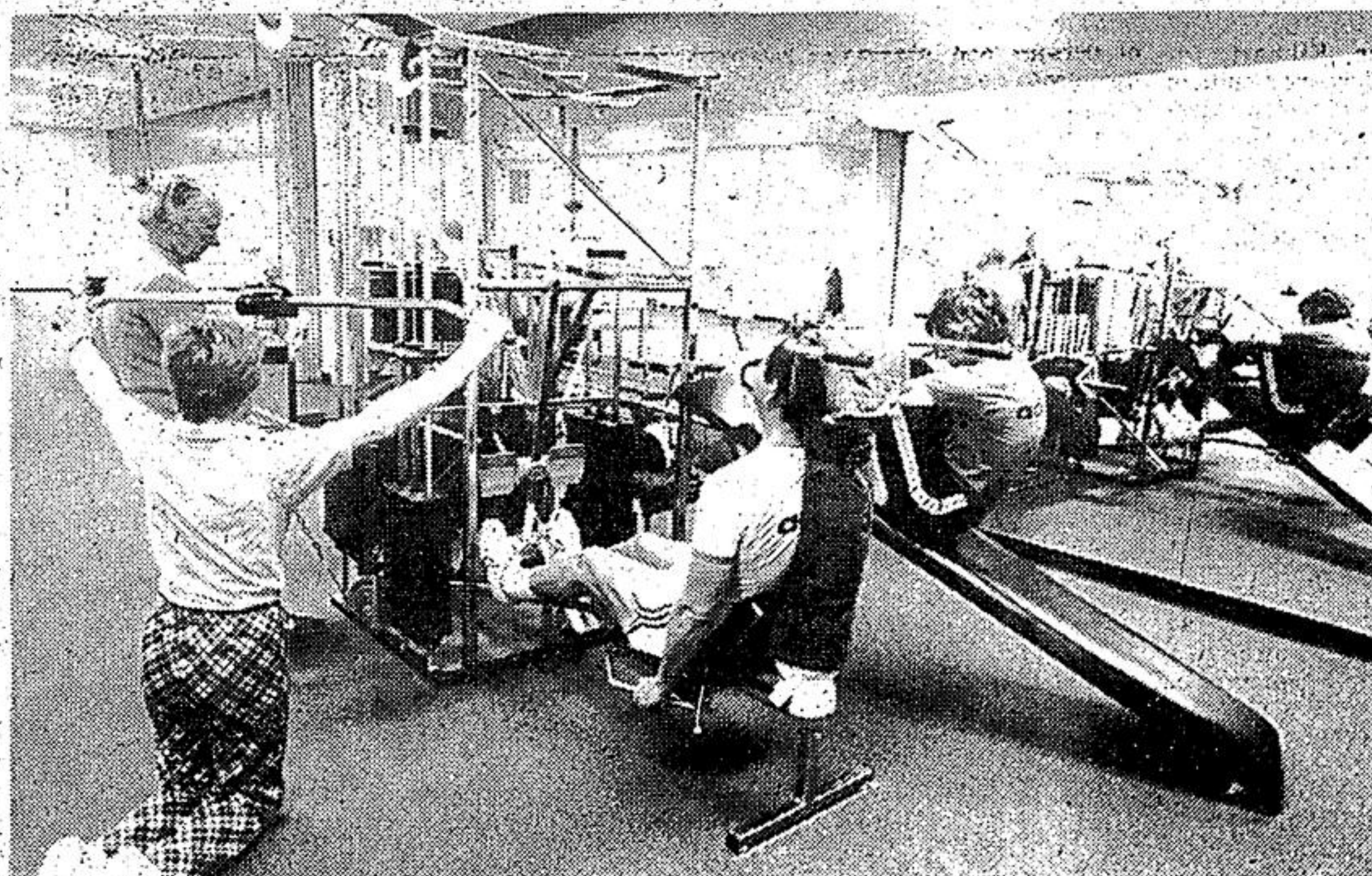
\* The Markham Centennial 25. metre swimming pool is available to members during public swim hours. Swim period times will vary and will be posted on a monthly basis.

\* The Markham Fitness Centre has only one whirlpool facility. Mixed and segregated hours will be posted.

## SOME OF THE FACILITIES AVAILABLE ARE LISTED BELOW

- RINKS FOR HOCKEY, FIGURE SKATING, CARNIVALS, ETC.
- LIBRARY • FITNESS CENTRES • SQUASH COURTS
- PRO-SHOP • SNACK BAR
- COMMUNITY HALLS • DAY CARE CENTRES
- CRAFT ROOMS • LOUNGE
- MEETING ROOMS • JOGGING TRACK
- WHIRLPOOL • SAUNA AND MORE

**ICE TIME FOR HOCKEY ETC. AND GENERAL MEETING HALLS ARE AVAILABLE FOR RENTAL  
CALL NOW AND BOOK YOUR SPACE AND TIMES**



**Parks and Recreation Community Fitness Centres**

- Markham Centennial Fitness Centre, 1/2 Mile North of Hwy. 7 on McCowan Markham 294-6111
- Thornhill Community Fitness Centre Bayview and John Streets Thornhill 881-3313

# MARKHAM OFFERS

Some of the finest recreation facilities in Ontario