

Iron Works centre

Fitness with a friendly approach

More than 1½ years ago the Iron Works Aerobic and Fitness Centre opened on a positive note. The soon to be 10,000 sq. ft. facility offers the ultimate in weight & aerobic instruction along with more than \$70,000 in the latest fitness equipment.

"There really isn't another club like this one in Markham that offers excellent weight training and top notch aerobics in a family atmosphere" says owner Kym Gosling.

Kym added that the fitness club is unique because of its "down to earth" approach which appeals to both men and women, and young and old alike.

One of the remarkable features about the club is that both newcomers and beginners are made to feel welcome without being intimidated. The larger muscular guys tend to be more of a help than a hinderance, she said.

Impact Classes

Iron Works offers 40 aerobic classes per week ranging from beginner to advanced.

Qualified team

"We have a highly qualified team of instructors who are receptive and extremely knowledgeable," she said.

Manager and fitness instructor Val Grose was quick to point out that the crucial difference is the caring attitude they adopt toward their members.

He noted that most instructors elsewhere are insensitive to members' physical abilities and limitations. Kym Gosling added that her instructors are "keen on technique and safety."

"We're here for our members, not for ourselves," commented Val Grose.

"You have to enjoy what you're doing," he said. "We get a real high when one of our

members tells us about lost poundage or have become more muscular."

"The positive input from our members leads us to believe that we have been very successful with our functions to date," said Kym Gosling.

Upcoming picnic

Some of the events include a Christmas party and a major bench press contest with an upcoming first annual picnic on July 13, 1986. There will also be aerobic demonstrations at the Markham and Unionville Festivals.

"We pride ourselves on the constant contribution by many of our members to the continuing improvement of the appearance of our club," she said, adding "a quality that not many clubs can boast of."

Memberships range from a one-month aerobics instruction fee of \$30 to a one year combination aerobics and



The staff at Iron Works Fitness Centre make shaping up easy in a friendly, comfortable atmosphere. Seated in front are (from left); Cathy Turner, Denise Knights, Amy Passaficeme and Caroline Capra, middle row; Ona

MacDonald, Gianna Benedetti and Cheryl Kett and top row; Kelly Rivard, Chuck Jarjour, Steve Freedman, Val Grose and Luci Hubbard. — Roger Carlsen

weight instruction program for \$250.
Iron Works, at 60 Bullock

Drive, is open Monday to Thursday, from 9 a.m. to 10 p.m. Friday's from 9 a.m. to 8

p.m., and weekends from 9 a.m. to 3 p.m. For more information call 294-7800.

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Dynamic Golf Centre

Golf centre offers equipment, lessons

"This is the largest golf centre in Canada," said sales promotion manager Lionel Lancaster.

Thornhill's Dynamic Golf Centre is more than 15,000 sq. ft. of golfing paraphernalia.

A variety of top pro-line golf clubs and equipment is sold at discounts of up to 50 per cent off list prices, he said.

"We have a huge range of golf bags, carts, shoes, gloves, sweaters, shirts, slacks, and all other golf accessories," he added.

The new spikeless golf shoes, which are lighter and less expensive than their metal counterparts, reflect a new trend in golfing

apparel. They account for more than 60 per cent of shoe sales, he pointed out.

Patrons can also have equipment refurbished or clubs regripped at the repair centre or can watch instructional films on golfing in the lounge area.

Members benefit from the expertise of seven golf pros, making it the "most complete golf centre on or off a golf course," Mr. Lancaster said.

Both lessons and practice programs are offered on 22 indoor nets.

Monthly memberships are available at the Dynamic Golf Centre on 84 Doncaster Ave. for a nominal fee. For more information call 731-4424.

Canco Collision

Repair, body shop has grown in 3 years

When Doug Cole bought his auto repair business more than three years ago, interest rates were up and business was down. "People were selling businesses, not buying them," he said.

But, taking the attitude "if you can make it in those times you can make it any," Mr. Cole took Cancoco Collision and expanded it to include general repairs.

Since then, the shop has grown to employ 22 people, up from an original seven, and Mr. Cole is the owner of four buildings in the area.

Mr. Cole says he bought the shop because he saw a need for a personalized auto service in Markham and felt the existing shop lacked that quality.

"I thought Markham was a viable area that needed the service (and) I wanted to make it a more aggressive organization," he said. Mr. Cole added he tries to cater to his customers.

In addition to doing repairs and painting, the shop also specializes in air conditioning and electrical repairs.

Canco Collision is a Canadian Automobile Association-approved business and is used for repairs by nine insurance companies, according to Mr. Cole. He says he is proud of the association with those firms.

"You don't build up that type of rapport with these companies unless you are doing something right," he said.