

So...you want to feel like a kid again?

Preserve your youth at



10% OFF 1 year membership & get 1 month for free!

- 45 Classes Weekly - Unlimited Use featuring 13 no bounce & 7 beginner classes weekly
- Fully Equipped Weight Room featuring machines & free weights
- New Private Women's Gym
- Daytime Nursery
- Some of Ontario's Top Aerobic Instructors
- CORPORATE RATES AVAILABLE
- Special Genesis 2 Aerobic Floor

294-7800

FRESH START... NEW LOOK

Ladies & Mens Fitness Wear Sizes Petite to XL



Photo by Roger Carlsen

Sharon's Fitness Boutique 60 Bullock Dr. Unit #4 Markham

471-7155

Get into the Best Shape of your Life



JOIN Northern Karate Club

3 MONTHS FREE

with every 1 year membership Children's Classes (8-14 yrs.) Mon.-Tues.-Thurs. 7 p.m.-8 p.m. Adults Mon.-Tues.-Wed.-Thurs. 8 p.m.-9:30 p.m.

Northern Karate Club Shotokan



294-7800

Located at the Iron Works Fitness Centre 60 Bullock Dr., Markham