Customer Appreciation

New Year's SAVINGS

AEROBIC ONLY MEMBERSHIP

$189.00 for 1 YEAR

THE MARKHAM VILLAGE WOMANS CLUB

TIME	MON.	TUES.	WED.	THURS.	FRI.	WEEKENDS
7:30 - 8:15 AM	NO BOUNCE		NO BOUNCE		NO BOUNCE	SAT. 9:10-10:10 NO BOUNCE INT. ADV. 10:10-11:10 ADVANCED IMPACT 11:10-12:00 BEGINNER NO BOUNCE SUN. 1:00-2:00 ADVANCED IMPACT 2:00-2:50 BEG. NO BOUNCE 2:50-3:45 INTER. IMPACT 3:50-4:40 INTERMEDIATE NO BOUNCE
9:00 - 10:00	HEAVY HANDS	BEGINNER N/B	HEAVY HANDS	BEGINNER N/B	9:15 11:00	
10:00 - 11:00	IMPACT ADVANCED	ADVANCED NO BOUNCE 9:50-11:00	IMPACT ADVANCED	ADVANCED NO BOUNCE 9:50-11:00	WEEKEND BURNER	
11:00 - 11:50	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	
12:10 - 12:45	COMBO CLASS		COMBO CLASS		COMBO CLASS	
1:15 - 2:00	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	
2:05 - 3:00	INTERMEDIATE N/B	INTERMEDIATE IMPACT	INTERMEDIATE N/B	INTERMEDIATE IMPACT	INTERMEDIATE N/B	
3:25 - 4:10	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	BEGINNER N/B	
4:30 - 5:30 INTERMEDIATE	NO BOUNCE	IMPACT	NO BOUNCE	IMPACT	NO BOUNCE	
5:30 - 6:30 ADVANCED	IMPACT	IMPACT	IMPACT	IMPACT	IMPACT	
6:30 - 7:30 BEGINNER	NO BOUNCE	NO BOUNCE	NO BOUNCE	NO BOUNCE	NO BOUNCE	
7:30 - 8:30 INTERMEDIATE	IMPACT	NO BOUNCE	IMPACT	NO BOUNCE	IMPACT	

Markham Village Womens Club - where we offer the most, the best and the strongest classes in Markham. 63 classes a week. Your first and Only Choice.

MARKHAM VILLAGE WOMANS CLUB

BECAUSE YOU'RE WORTH IT

Markham Village Lanes Shopping Centre

144 MAIN ST. N., MARKHAM

CLUB OFFERS:
- 71 Aerobic Classes/Week
- 17-Station Aerobic Weight Training
- Supervised Daycare
- Whirlpool
- Sauna
- Sunbed

OPEN 7 DAYS A WEEK

294-7764

SAVE SAVE AT TOROMARK SAVE SAVE AT TOROMARK SAVE SAVE AT TOROMARK