

It's Time For Your SPRING TUNE-UP.

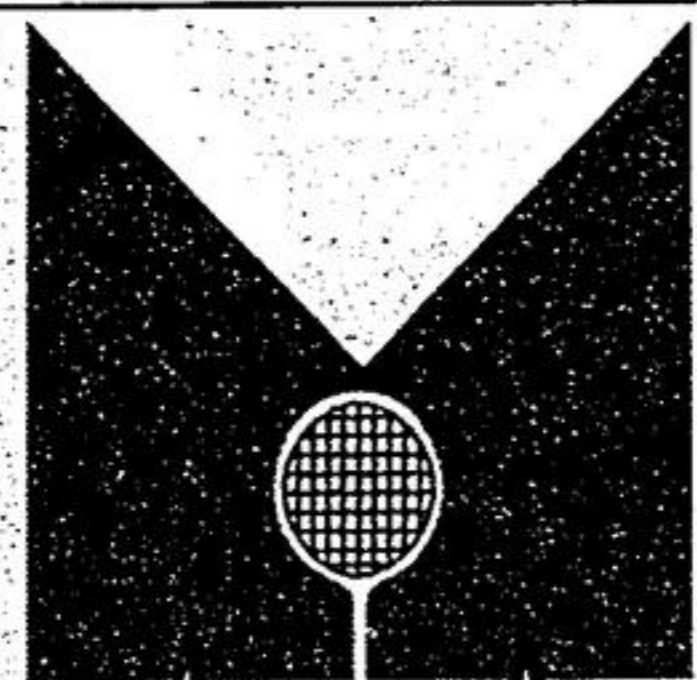
We have a package that's 'fit' for you!

At Club Markham, we've got it all!



1 FREE PERSONAL TRAINING SESSION

When you join us by April 15, '02. Must be 18 years or older. Not valid with Student Summer Memberships.



CLUB MARKHAM

Located in the **Hilton Suites Toronto/Markham Conference Centre & Spa**
8500 Warden Avenue (at Hwy. #7)
905-470-2400

We're bigger & better!

STUDENT SUMMER MEMBERSHIPS ...

Now Available!
Call the Club for details.

FITNESS

- Personal Trainers
- state-of-the-art exercise gym
- NEW free weight room
- large aerobics studio with cushioned floor
- Fitness Evaluation & Program

SQUASH

- 5 International Squash Courts
- Squash Professional & Pro Shop

POOLS

- Indoor Swimming Pool with adjacent Garden & Patio
- Aquafit Classes
- Whirlpool, Steam Rooms & Dry Saunas

SERVICES

- Chiropractic & Rehab. Services from MARKHAM PAIN CLINIC
- Free Towel Service and Grooming Aids
- Licensed Lounge/Restaurant
- Free Parking

CHILDREN

- Supervised CHILD CARE - open 7 days a week - see Club for hours

We offer reciprocal Membership privileges at THE ADELAIDE CLUB (Downtown) and ONTARIO RACQUET CLUB (Mississauga). Ask us for details.

WHAT'S BLACK AND WHITE - AND WHITE?



STAFF PHOTO/SJOERD WITTEVEN

Kylie the border collie likes to play in the early-spring snow at the Hulshof farm on Bloomington Road north of Stouffville on Tuesday.

Family Practice 2002

newborn care • children's health • adolescent and adult medicine • geriatric care • prevention • education • minor surgery • sports and travel medicine • counseling • assisting at your surgery • circumcision • birth control • newborn care • children's health • adolescent and adult medicine • care for seniors • prevention • education • minor surgery • sports and travel medicine • counseling • newborn care • children's health • adolescent and adult medicine • care for seniors • prevention • education • minor surgery • sports and travel medicine • counseling • assisting at your surgery • circumcision • birth control • children's health

Presents

A Whole New Series

Follow up to Nutrition: The Big Deal

Nutrition and Exercise

Exercise strategies and food as fuel!

Educational, Entertaining, Enlightening

Dr. Stephen McLaren

Chief of Family Practice

COMMUNITY EVENT SERIES 2002

Tuesday, April 16th, 2002 ... 7pm - 830pm

Markham Stouffville Hospital Auditorium

Admission and Parking FREE

Courtesy of our Sponsors;

Markham Stouffville Hospital, Merck Frosst

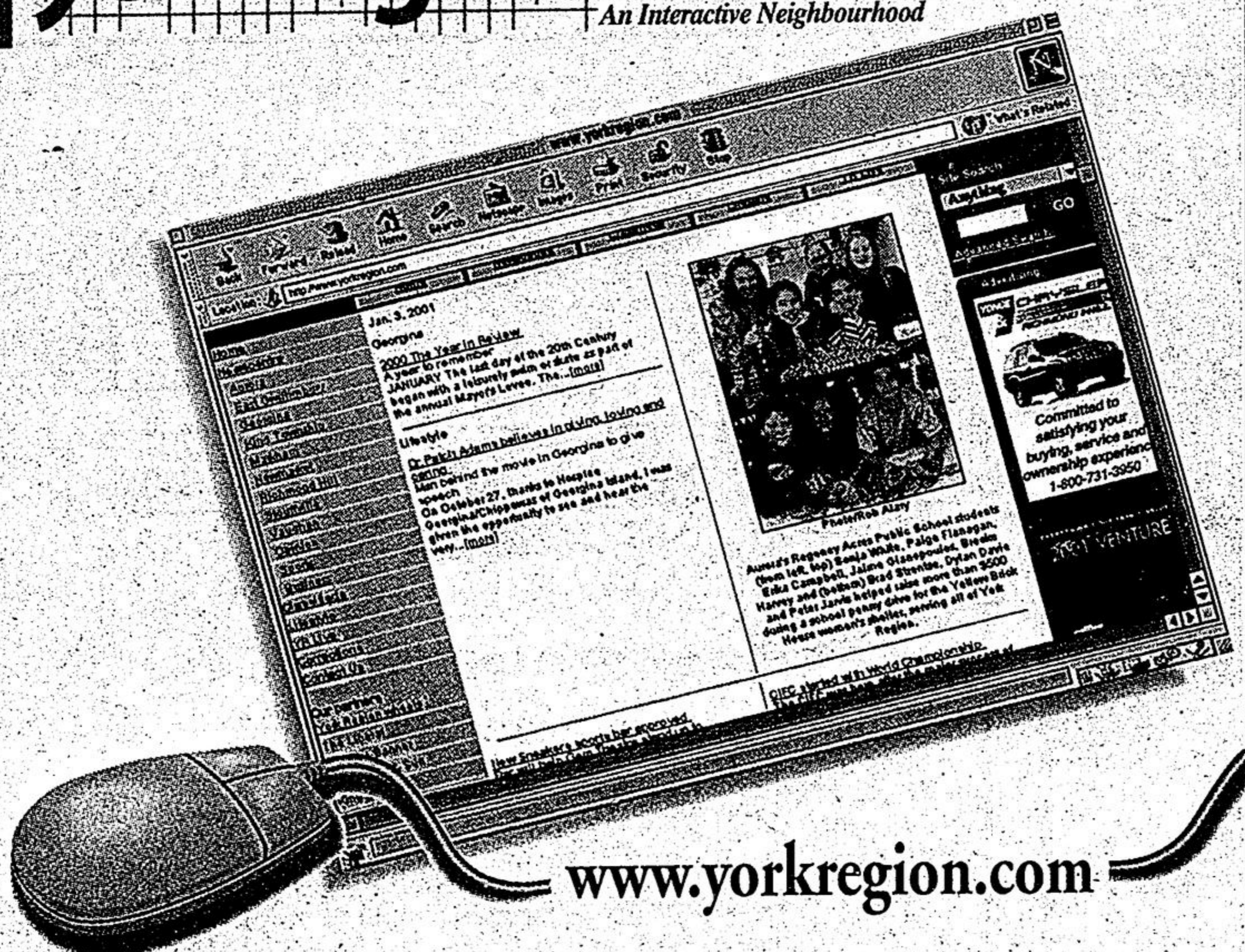


2002

It All Together

yorkregion.com

An Interactive Neighbourhood



www.yorkregion.com

Your Trusted Source for York Region News for over 100 years is now on-line

- Join in the discussions
- Announce your event
- Find that special something in the classifieds
- Read your favourite columnist then email to a friend

Be interactive with your Community Newspaper Site