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Buy now and don't pay until next summer!

That's right, Encore offers no money down, interest or payments until the summer. And, now is the best time to replace your windows! Energy conservation is very important, and will save you money. Act now and take advantage of the government's cash rebate offer to homeowners who use energy efficient upgrades in their homes. Contact Encore to learn how to qualify for an energy efficiency evaluation of your home. Mike Montecalvo, co-owner of Encore Home Improvements in Markham, will help you save money during the coming deep freeze.

"Cheap windows cause a lot of heat loss," explains Mike. "With winter coming, now is the best time to install energy efficient windows. By doing this, you're supporting the Kyoto Accord, preventing greenhouse emissions, and putting money back into your own pocket!" Act now, and take advantage of Encore's low prices! Next year, prices will go up. Encore Home Improvements has been providing residents in the Markham area with superior products and services since 1987. A full-service door and window company, Encore specializes in residential homes and businesses.

"Our door is always open," says Mike. "We have been here for quite awhile, offering a lot of personal attention to help our customers make the right decision. There are no pressure sales tactics used."

To achieve peace of mind with all your window needs, look no further than Encore. "It's better to deal with a local company," says Mike. "We deal with service calls right away." Last year's winter was harsh, so don't get caught under a blanket of snow, it's best to do all the work now. Windows can take 4 to 6 weeks! So install those beautiful, energy efficient windows you've always wanted before winter.

and start saving money. Whatever type of window you're looking for, you'll find it at Encore. Whether its double or triple glazed, casement, double slider tilt, or single hung tilt, a member of Encore's qualified and friendly sales staff can help. At Encore, you make the final decision. Encore's fully certified and trained installers offer the personal touch, look at each job individually, and offer the best alternative for you. Retrofit window installations and complete tear-outs with our without brickmould are also available at Encore.

New this year are elegantly designed exterior front entrance doors, featuring wrought-iron designs. If you've been thinking of changing the look of your door, take advantage of this great opportunity through Encore's great introductory offer. Encore Home Improvements also provides a full line of custom-made sunrooms, and interior and exterior shutters for all styles of homes. The company is certified by Window Wise, a national certification program that audits and certifies window manufacturers and installers.

Encore Home Improvements is located at 450 Alden Road. For more information call 905-470-0750, or visit www.encorewindows.com



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BOXING

Ron Beer's teen and adult boxing program is great fun and leads to great fitness!

No matter what your body type, if you want to get in shape, while gaining confidence, boxing provides the necessary tools to develop these qualities, which will greatly improve all aspects of your life.

Last October, fresh from a desk job, Royce Ng wanted to improve his fitness level. He researched Markham's martial arts schools and discovered Ron Beer Family Self Defense, and his interest peaked in the boxing program. "In a short time, my fitness level has greatly improved, particularly with strength, flexibility, and technical self defense skills," said Royce. "It is the personal coaching that each student receives, and goal setting nature of this sport that I love."

Ron Beer Family Self Defense is celebrating its 25th year, and is now accepting students into its fun and challenging boxing classes.

Boxing is a great way to achieve your fitness goals! Boxing provides a great cardio workout while building strength and improving flexibility. Classes are geared toward a variety of skill levels, whether you prefer an intense workout, with a focus on sparring and combat oriented training drills, or prefer a slower, less challenging program, the boxing program has a class for you!

Ron teaches all classes personally, in a small, casual setting while carefully monitoring the heart rates of his students. This ensures everyone receives the best workout for his or her individual body types.

"In small classes, I can challenge everyone at their own individual athletic ability," explained Ron. "Boxing is also great fun! If you're tired of sitting at the gym in front of a TV, and want to try something a little more exciting while learning how to defend yourself, boxing will provide you with challenging exercises designed to help you reach your full potential."

Ron's innovative program offers five skill levels, and consists of a very structured program, with different skills being taught in a sequential order of knowledge.

Ron Beer brings a lot of personality to his semi-private classes, while offering real, quality instruction.



Ron is a fully certified national coach, law enforcement trainer, and martial arts instructor. Ron has been hired by police services all over the country, to improve the level of self-defense training.

Ron brings this experience onto the mats in the form of superb, quality instruction. The facility is clean and modern, and features an open concept design. All training takes place on a modern, matted sports floor. Lockers and shower facilities are available. Classes are one hour long, from 7:30 to 8:30 p.m. and are offered Monday to Thursday.

Ron's Beer Family Self-Defense is located at 60 Bullock Drive in Markham. For information about the boxing program call 905-294-6044 or visit www.grappling.ca

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