


FOCUS ON BUSINESS

SANDY'S AUTO SERVICE LTD.

TUNE-UP SPECIAL
20% OFF LABOUR

with this coupon
176 Bullock Dr., #8, Markham-905-294-3868
*Not to be used in conjunction with any other special. Parts, PST & GST extra. Offer expires Feb. 2, 2004.



Value Breakfast
from 6:30 am-1:30 pm
Western on a Bagel
with Medium Coffee \$3.99 (Inc. Tax)
Ltd. Time offer
8525 McCowan Rd
905-294-0955
at Hwy #7 East N.E. Corner Markham

BOXING

- Adult & Teen
- Boxing
- Wrestling / Grappling

Ron Beer Family, Self Defense
905-294-6044
www.grappling.ca

GRAND OPENING TODAY!
First 100 members will receive \$100 credit towards membership & a Free Gift!

38 Buttonfield Road #7, Markham
905-940-5550



figures!
Fast Fun Fitness For Her
Women Only
30 Minute Fitness Club!

HOME FUSION

Custom Kitchens & Bath

- Refacing & Refinishing
- Renovations
- Ceramic Tiles
- Flooring

905-201-5136
South East corner of Hwy #7 & McCowan

JANUARY FLOOR MODEL SALE

20%-50% OFF

Queensbridge Mill
4160-19th Avenue, Markham, 887-1127
Queen's Pantry
176 Main Street, Unionville, 477-4625
website: www.queensbridge.com

Sandy's Auto Service

"Quality is not expensive...it's Priceless!"
Unit 8-176 Bullock Dr., Markham
(905) 294-3868



Accredited Test & Repair Facility

When it comes to their vehicle's care, all motorists seem to want today is competent mechanical work performed on their vehicle and at a reasonable price.

The foundation of Sandy's Auto Service in 1975 was to provide a well equipped shop with skilled technicians who update their training on an on-going basis to keep up with the changes in automotive technology.

Due to the increased computerization and technological changes in newer vehicles today, it seems that fixing a problem is not really as difficult as diagnosing it. Many drivability problems on modern cars are intermittent and difficult to pinpoint. Using sophisticated diagnostic service equipment and up-to-date reference materials, owner Sandy Devitt and the experienced qualified technicians at Sandy's Auto Service can locate the specific problem and formulate the required remedy.

Sandy's Auto Service provides computerized tune-ups and diagnostics, 4 wheel disc and ABS brake work, exhaust systems, shocks



and struts, lube-oil-filter service, M.O.T. safety inspections, and major/minor mechanical repairs. They also service and repair engines, transmissions, clutches and differentials.

This accredited Ontario Drive Clean Test & Repair facility will help you get back on the road as quickly as possible. If your vehicle should fail to meet the required emissions standards, you can expect honest helpful advice. If you have received notification in the mail for your Drive Clean test, call Sandy's Auto Service soon for your appointment.

kate's garden

HUGE, HUGE, SALE!

Hwy. 7 & McCowan Rd.
905-475-7674

SHERLASE clinic

Specializing in Advanced Skin Treatments

- Laser Hair Removal
- Vein Treatments
- Facial Resurfacing
- Restylane Injections
- Botox Treatments


383 Main Street N. Unit 7
Markham, Ontario
Tel: (905) 201-8005

A Promotional Products Company



Corporate/Team Wear Hockey Supplies

Tel: 905-640-0969
www.hsmcanada.com



figures!
Fast Fun Fitness For Her

38 Buttonfield Road #7, Markham ~ 905-940-5550

GRAND OPENING TODAY JANUARY 17 10-6 p.m.

WHO NEEDS IT?
Women who have little time for exercise. Women who dislike co-ed health clubs, aerobic routines, or those intimidating weight machines. Women who are "deconditioned" or have physical limitations.

WOMEN OF ANY AGE Women who want to lose weight and inches. Women who want to work out in a non-intimidating atmosphere. Women who need motivation to stick with the program.

It's not just a fitness facility, it's a wellness centre. Figures will offer you the added feature of The Soft-Heat Infrared Sauna. A product manufactured in Canada that feature soothing radiant heat at transfer, more comfortable temperatures than conventional saunas, making breathing more pleasant.

TRY OUR INFRARED SAUNA!

Benefits

- **Pain Relief** - fibromyalgia, arthritis, sports injuries
- **Weight Loss** - burn 600 calories in 30 minutes
- **Detoxification** - of toxins, lead and mercury poisoning
- **Immune System** - hyperthermia boosts immune response
- **Relaxation** - stress relief
- **Skin Care** - excellent results in the treatment of acne, eczema, psoriasis, cellulite.

FOR WOMEN WHO WANT TO HAVE FUN, LOOK GOOD AND FEEL BETTER!

A woman's only fitness facility, that offers a full body workout in as little as 30 minutes. You will decrease body fat, burn up to 600 calories and tone all your muscles in half the time it would take in a regular gym.

A program that offers both cardiovascular fitness and strength training in one quick session, with 9 resistance machines and 9 cardio stations. A virtually injury free workout; because you decide your own limits... and it's easy to learn.

A FUN, EFFECTIVE AND AFFORDABLE ALTERNATIVE TO TRADITIONAL CLUBS.

38 Buttonfield Road #7, Markham
CALL 905-940-5550 TODAY!

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One call and you're home free! **INLINE** Mortgage Mart Your first and last call!

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- Up to 30 lenders bidding for your business
- Deep discounted rates
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- Unparalleled personal service
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