

FOCUS ON BUSINESS

changes for women
Lose weight... slim down... or just get fit!

NOW OPEN

Call today to book a
FREE TRIAL WORKOUT
Join For 1/2 Price Registration

905-927-9017
9570 McCowan Rd. (N of 16th)

NOW OPEN

yoho
Mindful Movement for Body & Soul

Nia, Pilates & Yoga

20 Crown Steel Drive, Unit #7
East of Warden at 14th Ave.
905-513-MOVE

For a complete listing of classes
Visit our Website
www.studiyoho.com

HOME FUSION
Custom Kitchens & Bath

- Refacing & Refinishing
- Renovations
- Ceramic Tiles
- Flooring

905-201-5136
5694 Hwy. #7 Unit 18, Markham
Sherwood Plaza

SANDY'S AUTO SERVICE LTD.

CRUISE INTO FALL
With "THE DOCTOR"
Compare and Save

- Lube Oil Filter (up to 5 litres quality oil)
- Tire Rotation Brake Suspension + Steering inspection
- Check antifreeze, belts and hoses
- Check heater performance

All For Just \$29.95

176 Bullock Dr., #8, Markham-905-294-3868
*Not to be used in conjunction with any other special. Parts, PST & GST extra. Offer expires Dec. 7, 2004

Unionville Renovations

- Basements
- Bathrooms
- Kitchens
- Cabinetry
- Decks
- Cabanas

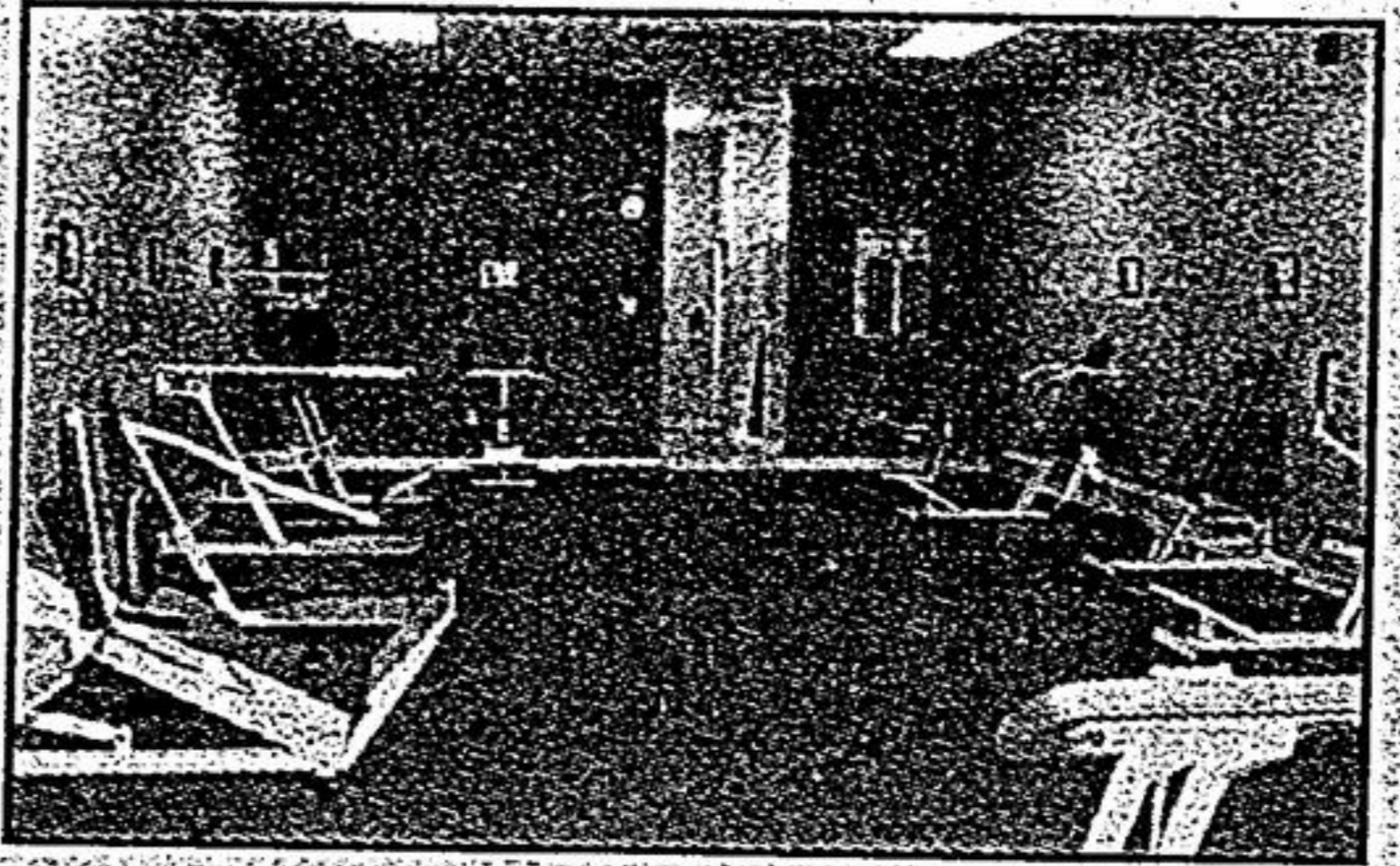
416-779-3325
Call for a free consultation

OPENING SPECIAL

medispaclinic

Changes for Women offers an innovative approach to losing inches!

Change yourself today, tomorrow and forever at Changes for Women in Markham. With a goal to become the most successful women's inch loss franchise, Changes for Women offers an alternative to the competitive and impersonal atmosphere of a large gym. Instead, Changes for Women strives to create a positive, enjoyable and friendly environment to ensure that women of every age, size, race, colour, religion or national origin can reach their fitness goals together, in a supportive atmosphere.



"Most women have similar goals that bring them here," explains Changes for Women owners Pam and Marita. "We enjoy getting to know about our members on a personal basis, and we're always there working out with them, providing support, and providing excellent advice and tips on how they can successfully reach their goal of a more healthy lifestyle and quality of living."

Besides a more comfortable and nurturing environment, Changes for Women does away with high-impact weight machines, offering instead a series of hydraulic, low-impact workout machines that are specifically designed for women's bodies. In fact, the machines provide equal resistance to opposing muscle groups at the same time which cuts a regular routine in half. Using the machines has a similar effect to swimming, allowing people to work at their own pace. In this way the machines don't require settings or adjustments since the more effort you put into them results in more resistance. You are in control of the intensity every moment of the workout.

"We offer a hydraulic circuit-based workout," explained Pam. "Women move from machine to machine, and spend about thirty seconds on each one. The machines are excellent for toning the body and losing inches, and don't develop unwanted bulk."

The machines look like regular gym equipment, their main differences are that they are better designed, contain more comfortable padding, and the amount of resistance used is

determined by the individual based on how fast or how much effort she applies to the hydraulic system. The hydraulic circuit workout is a great way to achieve fitness goals safely with no impact on your joints and it works all the major muscle groups of the body. In fact, the machines were originally designed for rehab and geriatric use, and are accessible to everyone, at any fitness level, including those who haven't worked out for a very long time and are worried about hurting themselves. All women are encouraged to work the circuit at least 3 times a week, for a half-hour each time. By following this method, and working closely with the highly trained and dedicated staff, you'll reach your fitness goal while building confidence, and a better appreciation for life in general. Nutritional advice and motivational support are also provided, and at the Markham location, aesthetic services and reflexology are also available. Pam, Marita and their team of highly skilled and friendly staff will answer your fitness needs and concerns. So come and enjoy the motivating and fun environment at Changes for Women and reach a fitness level where you can feel good about the way you look!

Changes for Women is located at 9570 McCowan Road (just north of 16th Ave. at Bur Oak) and can be reached at 905-927-9017.

Let us arrange your
Party for FREE \$500 Value

Free to the First 25 Callers as Part of a Daring New Promotion!

Want to throw a party to celebrate a special occasion but don't have the time for all the countless details? Call or email Felicia at felicia@allureevents.ca to take advantage of this one time offer today!

905-201-7205 www.allureevents.ca

SALE

Café Monet Dining Set
42"x60" Rectangular Table
Reg: \$799 Sale: \$699
with 1-12" leaf (extends to 72")
Chair: \$225 Sale: \$199

Queen's Pantry
176 Main Street, Unionville, 477-4625
Queensbridge Mill
4160-19th Avenue, Markham, 887-1127

BOXING

- Adult & Teen
- Boxing
- Wrestling / Grappling

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

Sandy's Auto Service (The Home Of the Doctor)

Good old-fashioned automotive service is alive and well at Sandy's Auto Service in Markham.

Since 1975, Sandy's Auto Service has served Markham and Unionville with expert auto repairs and friendly service. At Sandy's, the man you speak to about your repairs is the man who performs the repairs. A 41-year veteran in the automotive business, Sandy has the expertise and the product knowledge to fix or repair your vehicle right the first time.

"We are constantly upgrading our technical skills and product knowledge," says Sandy, who is affectionately known as The Doctor. Despite being an Automotive Service Excellence Certified Technician, Sandy still regularly attends training sessions. "New improvements show up on vehicles every year, and it's my job and responsibility to learn what they are."

Sandy's Auto Service provides state-of-the-art service repairs to most makes and models. The company specializes in anti-lock brake service and diagnosis, fuel injection flush and repair, tune-ups and diagnosis, air-conditioning, engines, clutches and differentials, transmissions, coolant systems, alignments, shocks, and more.

Sandy's Auto Service is also Markham's first accredited emission test and repair facility. All tests are by appointment for your convenience.

and you can be in and out in 20-30 minutes.

"I'll tell you whether your vehicle does or doesn't need fixing," says Sandy. "I'll tell you if you need to take it to a dealership for warranty work. I'll ask you before I go ahead with any work. Honesty, fairness and respect for the customer are the cornerstones of our business."

Sandy's Auto Service is also an Ontario Motor Vehicle Inspection station and can certify vehicles on site.

Sandy understands that automotive repairs can put a serious strain on cash flow—especially with major repairs. That's why, as an added convenience for customers, Sandy's Auto Service also offers a NO INTEREST, NO PAYMENTS FOR 90 DAYS, O.A.C. policy. "We make it simple, easy and convenient to have your vehicle repaired," says Sandy. When appointments are made for major repairs, Sandy's also provides a new car for added convenience.

The next time you're looking for a dependable auto service with a smile, stop into Sandy's Auto Service. Watch for Sandy's regular weekly specials. They're open Monday to Friday (8am-6pm), and closed Saturday and Sunday for family time.

Sandy's Auto Service is located at 176 Bullock Drive, Unit 8, in Markham. They can be reached at (905) 294-3868.



Mortgages

Rate As Low as **1.25%**

Cash Back Incentives

- 100% Financing*
- Switch for Free
- Bank Turndowns
- No Income Verification*
- Debt Consolidation
- Low Low Mortgage Rates

invis Ken Renu
416-697-5626

*Eligible offers and conditions are subject to change without notice, O.A.C. REG. 21

Residential & Commercial

Elegant Sofas

Crafted from Beautiful Italian Leather

up to **30% off** all floor models

8261 Woodbine Ave. Unit 2&3
905-947-9363

aesthetic light centre

8312 McCowan Rd. Suite 206
Markham, ON
905-948-9096

laser hair removal
photorejuvenation
eliminate sunspots, spider veins, age spots and rosacea

FREE CONSULTATION AND TEST PATCH