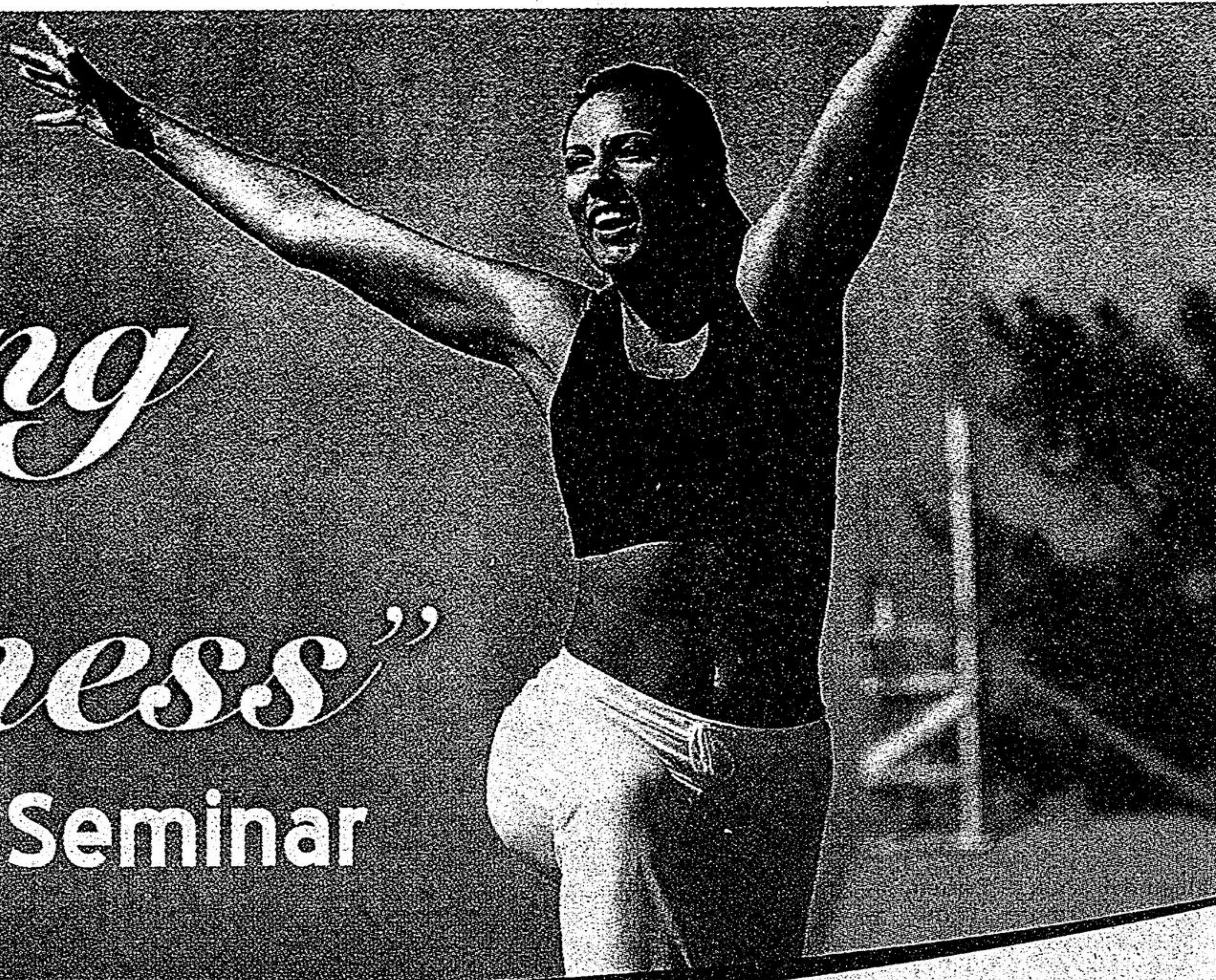


Please join us for our

“*Spring
into
Fitness*”
Seminar



Topics will include:

- the benefits of working out at home,
- what equipment to buy,
- when to hire a personal trainer,
- strategies for working out safely and effectively, and
- tips to stay motivated.

Location: Fitness Depot Markham
8561 McCowan Road
(just north of Hwy #7)

Date: **Sunday, April 17, 2005**

Time: 11:00AM to 1:00PM

Space is limited... you must RSVP to reserve your seat.
Call today to sign up or to get more information:

Bionics Fitness: 416-579-1996

Fitness Depot: 905-201-9899

Additional dates may be available.

CO-SPONSORED BY:

