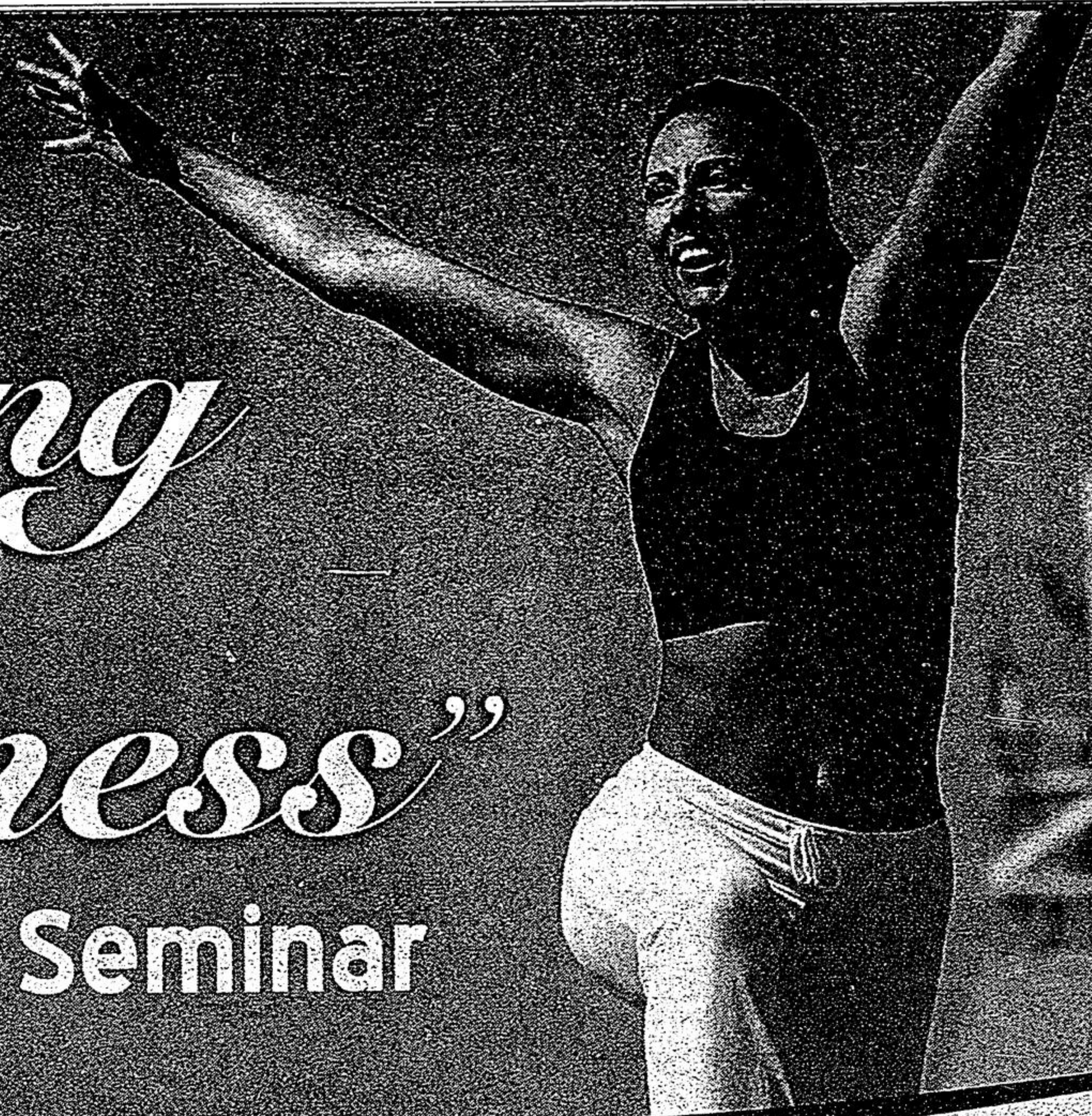


Please join us for our

*“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.

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