

# BUSINESS SHOWCASE 2003

## DOG OBEDIENCE



Agility is a sport where dog and handler negotiate a doggie playground. It increases your dog's level of fitness and obedience while helping you develop a closer bond with your dog. Classes are held in Mount Albert in a 130' x 65' totally enclosed arena with a natural tanbark floor to ensure your dog's safety.

Pet Dog Obedience classes are held at a convenient location in Markham. Debbie is a member of The Canadian Association of Professional Pet Dog Trainers and was voted Markham's #1 Dog Trainer. She is available for private training and problem solving consultations by calling 416-568-3222. Daytime, evening and weekend classes are available for both Agility and Obedience.

## Dog Agility Life's Ruff Obedience Training

**Debbie Reynolds - Director**  
Voted #1 Obedience School  
Reader's Choice Award

**416-568-3222**

(Markham and Surrounding Areas)



## FITNESS



"30 MINUTE FITNESS & WEIGHT LOSS CENTERS"

6306 Main St.  
Stouffville  
905-642-4392

282 Monarch Ave.  
Unit 15, Ajax  
905 426-4136

A complete workout using hydraulic state of the art equipment that takes only 30 minutes three times a week. This is what has made Curves for Women currently the world's fastest growing fitness franchise with over 5000 locations in North America.

Demand has been great since the 6306 Main Street, Stouffville location opened in September 2001.

Curves for Women staff mean it when they say -

"Your fitness goal is our goal. Whatever you want to achieve whether it's weight loss or to firm and tone your body - we make that our goal."

They offer personal training attention and weight loss guidance. A Nutritionist and Wellness Specialist are on staff.

Curves for Women proudly supports local food drives, programs of the Heart & Stroke Foundation, and the Breast Cancer Program.

Women aged 18 to 90 work-out for only \$39.00 a month.



## FITNESS



"Fitness programs run by women for women in a safe and friendly environment - that's what we do," states Marion Deacon of Exclusively Aerobics.

The highly motivated, fully certified fitness instructors at Exclusively Aerobics would like to meet you! They offer pilates, yoga, stability ball, tai-boxing, step and interval aerobics to women of all fitness levels aged 16 thru 70+.

Classes run Monday through Saturday - morning and evenings.

To make life simpler for moms, childcare is available during all the a.m. classes.

Exclusively Aerobics also plays an active part in the health of the community hosting their annual aerobathon once again this February. Everyone is welcome to attend.

A three month membership costs \$129.00 with unlimited classes and no initiation fee. There are also Annual memberships and 10 Week Programs.

New 10 week Pilates and Yoga Sessions beginning the week of January 13, 2003. Call now!

## Exclusively Aerobics

Fitness for Women by Women

86 Ringwood Dr. Unit 221  
Stouffville

**905-642-6408**

## INSURANCE

## Axion-Brillinger Insurance Services

Counselling and ~~Serving~~  
Residents of Stouffville and  
surrounding areas since 1960

6237 Main St., Stouffville, Ontario

Phone: 905-640-2652

E-mail: rbins@attcanada.ca

Axion Brillinger Insurance Services has existed in Stouffville since the early 1950's, initially under the ownership of H.O. Klinck, who then sold to former Stouffville Mayor, Kenneth Laushway.

Current owner Ron Brillinger began working with Mr. Laushway in 1960, and bought the business in 1969.

Ron's daughter Tricia, a partner in the business, came on board fulltime in 1990. Tricia and Ron are fully licensed and bonded insurance Brokers, with a combined service record of 54 years.

"We sell insurance on a personal service basis "FOR EVERY NEED."

Home, car, farm, commercial. - (life insurance not sold)

Tricia and Ron wish all their customers HEALTH & HAPPINESS FOR 2003.

A local insurance contact is important - contact Axion-Brillinger Insurance Services 6237 Main Street, Stouffville, 905 640-2652.

