

# Cross-Country Running

Newly formed track and field/ cross country club is now meeting for training runs 3 days per week, and hopes to take part in one or more cross country races this fall season. New people are welcome to join in these runs which start at 6pm Monday and Wednesday nights, and from Sports Centre at 10am Saturday morning.

For Further information contact Mark Riley 368 2859 or Barry Stanfield 566 5715 (evenings).



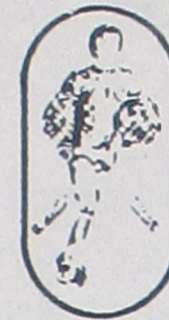
566-1400

Located  
In the  
Ch'town  
Mall

**SPECIAL  
STUDENT  
MEMBERSHIP  
ONLY \$163.00**

## PROGRAMS

- Fitness & Aerobics Classes
- Aqua Fitness
- Red Cross Swim Programs
- Individual Weight Program Walk, Run, Swim Club
- Specializing Senior Programs
- Kindergym, Babysitting
- Racquet Instruction
- Junior Development
- Cardiac Rehabilitation Fit to Fitter Programs
- Nutritional Counselling
- Tiechi



60,000 Sq. Ft.  
"FITNESS THRU FUN"

**HOURS OF OPERATION**  
MON-FRI  
5:45 A.M.-11 P.M.  
SAT  
8-8  
SUN  
9-8

**CHEERS!**  
Sports Bar

## FACILITIES

- 2 Indoor Tennis Courts
- 4 Racquetball Courts
- 2 squash courts
- Indoor Jogging Track
- Weight training areas
- Heated Swimming Pool
- Video Work-out Room
- Saunas & Whirlpools
- Solariums
- Locker Rooms
- Daycare
- Pro Shop
- Cheers Lounge

## THURSDAY NIGHTS

2 FOR 1 8oz T-bone dinner only \$5.95 plus tax



**SOLARIUM  
LTD.**

**LOOK GREAT  
FEEL GREAT**

**KEEP THAT GOLDEN SUMMER  
TAN ALL YEAR LONG**

**BUY 10 SESSIONS FOR \$40 (EXPIRES OCT 31)  
BUY ANOTHER 10 AT THE SAME TIME (EX-  
PIRES OCT 31) AND RECEIVE THE LAST 10  
FOR \$30!!!**

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ACROSS FROM ELLIS BROS. SHOPPING  
CENTER BESIDE NEW TIM HORTONS**

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