

**WILSONS** HOME HEATING  
**Your Local Heating Experts For Over 100 Years**

**902-895-4429**  
 wilsons.ca



 

**Best Western PLUS**  
**Glengarry**  
 "Truro Trade & Convention Center"

Enjoy the beautiful scenery & many exciting activities that are all within a short drive from the Glengarry. Take in the breathtaking Victoria Park; enjoy the many local attractions, festivals & events; learn about our geological heritage, watch or ride the famous Tidal Bore. Fully appointed King or Queen rooms, dining and entertainment, indoor & outdoor pools & whirlpool.

Enjoy the Beauty of Nova Scotia With Us.

**Toll Free 1-800-567-4276**  
 Exit #13 off Hwy #102  
 150 Willow Street, TRURO  
 www.bwglengarry.com



Canada's Top Seafood Restaurant  
 Celebrating their 21<sup>st</sup> Anniversary!  
**CUSTOMER APPRECIATION SPECIAL**

  
**\$7.29**  
 Sunday to Thursday  
 The World's Famous  
 2 piece Fish & Chips

88 Esplanade, Truro, NS 902-895-1275

**"Stay Active this Summer with Group Exercise!"**

**LAND**

**BASIC BOOTCAMP:** A lighter version of our Bootcamp class designed with the newer or older exerciser in mind.

**BOOTCAMP:** A fast-moving class meant to kick your cardio system into high gear with athletic drills, muscle conditioning, and core training all in one place!

**CHILDREN'S YOGA:** Basic poses and games help children keep active and expose them to the joy of Yoga.

**GENTLE YOGA:** A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility. User-friendly and ideal for all fitness levels. We also offer modifications with a chair, check the schedule for details!

**SPIN:** A high-energy cardio workout where you burn calories and set your fat-burning systems into overdrive while on a stationary bike! Set to great music- it will be the ride of your life!

**"NO REGRETS" WARRANTY**  
\* Some conditions may apply

**FREE REPLACEMENT WITHIN 30 DAYS**

WHY CUSTOMERS CHOOSE  
**HALLIDAYS**  
 FOR THEIR FLOORING

HOME OF THE  
**LIFETIME**  
 INSTALLATION WARRANTY  
 Ask for details!

**Gifts for Every Season!**  
**T-Shirts & Much More!**

**Licensed Tees**  
 Walking Dead, Game of Thrones, Metallica, AC/DC, Johnny Cash, Slayer, Iron Maiden, and much more **\$25<sup>00</sup> ea**

**Camo Tees**  
 RealTree - Scent Blocker  
 Short Sleeve **\$25<sup>00</sup> ea**  
 Long Sleeve **\$30<sup>00</sup> ea**

**Belt Buckles**  
 Good assortment  
**\$20 ea or 2/\$35**  
**...and much more!**

We have over 800 designs to apply to T-shirts & Hoodies (Made in store, while you wait!)  
 Mon-Sat - 10am - 5pm

**TshirtsRus.ca**  
 94 Esplanade • 902-890-9850  
 E-MAIL: tshirtsrus@hotmail.ca

**CLASS DESCRIPTIONS**

**STRENGTH:** A total body workout using barbells, free weights, tubing, stability balls and body weight. A fantastic way to target and tone all of the major muscle groups. Great for all levels.

**STRENGTH & STRETCH:** A combination class giving participants half the class dedicated to strength and half the class dedicated to gentle Yoga.

**YOGA:** A class that combines balance, strength, and flexibility training for your entire body and helps to relieve stress.

**ZUMBA:** Ditch the workout and join the party. Dance your way into shape with this Latin-inspired class set to amazing music.

**MEDLEY:** a fast-moving class filled with cardio, strength, core and stretching for those who like variety in their work out!

**WATER**

**AQUA FITNESS:** A full body workout using all your large muscles, with the focus on cardiovascular conditioning, endurance, and muscular strengthening.

**ARTHRITIS WATER THERAPY:** A great class for people with arthritis, knee and hip replacements, and other medical conditions. This class will help with your mobility, flexibility, and strengthening while working through the water.

**HYDRORIDER:** A unique stationary bike class where you pedal while immersed up to your chest in water. Bikes are adjustable to allow for a wide variety of users. Water shoes are mandatory.

**HALLIDAYS FLOORING**  
 www.hallidays.ca

184 Arthur Street, Truro  
**895-5436**  
 info@hallidays.ca

   



**WE ALL PLAY FOR CANADA**

Fundy Trail Mall, Truro, NS, 902-897-4466

**"Visit [ratheastlinkcommunitycentre.ca](http://ratheastlinkcommunitycentre.ca) for the Class Schedule"**

**See you at the RECC!**



**RECC**

**RATH EASTLINK COMMUNITY CENTRE**  
 A Place for our Community to Gather, Play, and Thrive

Located in "The Heart of Truro"

Specializing in Factory clearings and seconds

**STANFIELD'S**  
 The **Factory Outlet**

www.stanfields.com

1 Logan Street, Truro, NS 902-895-5406 ext. 164

Truro's Coolest place to Dine!

**Frank & Gino's**  
 GRILL & PASTA HOUSE

Amazing Appetizers, Pastas, Pizzas, Steaks, Seafood, Ribs, Delectable Desserts & More!

Open Daily at 11am | At the corner of **ROBIE AND JUNIPER STREET**  
**TRURO, NOVA SCOTIA** | (902) 895-2165 | [www.frankandginos.com](http://www.frankandginos.com)

**\$9.99** Express Lunch until 4 PM Daily Monday through Friday

**Kids eat FREE!** Sunday through Wednesday! Ask your server for details

Trademark of Ginner's Food Systems Limited, used under license.