

The convention centre will face the lakeshore, while the hotel's main entrance will open onto Me- Elaine Crossland said the height is simply too high - and the city has already given too many proj- Rodgers.

# Fitness workout raises cash for quake victims

By Janis Ramsay

Learn about a new type of aerobic fitness while raising money for a good cause.

Drop by the Barrie YMCA of Simcoe Muskoka Sunday, July 6 for the Northern Nia Jam.

Nia technique is a form of exercise that began 25 years ago and is a combination of dance, martial arts and yoga.

Anja Gurnig is a local Nia white-belt teacher and she wants to spread the word about the sport.

"I took the training with Martha Randall in June 2007, and it gets me moving. Nia allows me to enjoy movement," said Gurnig. "I had a back injury a few years ago and fitness was challenging for me over a long period of time."

She calls it a cardio holistic workout and various teachers, including Randall, will be at Northern Nia Jam to showcase their talents. It's a two-hour event which also raises money for the China earthquake victims.

"I personally work at Magna and have a lot of Chinese co-workers and I believe in think global, act local," said Gurnig.

The earthquake in Sichuan, China May 12 measured 7.9 on the Richter scale and killed more than 69,000 people.

Sponsors have absorbed the costs of running the event, so proceeds from each \$20 ticket go directly towards helping earthquake victims, through the Canadian Red Cross.

There are over 80 certified Nia instructors in Ontario, teaching in fitness clubs, dance studios and private studios.

Northern Nia Jam is July 6 from 2 p.m. until 4 p.m. at the Barrie YMCA, 22 Grove St. W. Reserve a ticket by calling Gurnig at 331-4918 or e-mail anjagurnig@hotmail.com.



**To donate or visit w**

**FLYER**  
The following insert

**Adv**

- Action Pak •Georgia
- Botanix •Coast Mount
- Live it Magazine
- Sherwin Williams •Sp
- Canada •XS Cargo •
- RVH Vital Signs •Nev
- Sutton Group Tracy I
- Toppers Pizza

Note: Some flyers are in se  
For Distribution of

See your favourite

**flyer**



City Annuals  
eg. \$2.49

Assorted Weigela  
2 gallon pot. Reg. to \$12.99.

**7.99** save up to \$5

**garden gallery**  
www.gardengallery.ca

**ford Greenhouses**

**BRADFORD**  
3817 County Rd. 4  
(Formerly Hwy. 11)  
6 km North of Bradford  
(905) 775-2942

**Grow for green**  
Earn a \$20.00 cash bonus certificate when you accumulate \$400.00 in purchases. See in-store for complete details.

**d.ca**  
save money.

**Herbal Magic**  
WEIGHT LOSS & NUTRITION CENTRES

For Sensible Weight Loss That Lasts!

Call today