

Burn up to 500 calories in 30 minutes? Believe it.

Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 500 calories. All with a trainer to teach and motivate

TRY ONE WEEK FREE*
with this ad

* Free week may be redeemed on first visit or exchanged for special membership discount. Not valid with any other offer. Valid only at participating location. ©2010 Curves International, Inc.



Curves

curves.com

(269) 428-8050
2907 Division St.
St. Joseph, MI 49085

(574) 299-9822
2039 E. Ireland Road
South Bend, IN 46614

THE WORLD'S LEADER IN WOMEN'S FITNESS

WOODSTOBE TREES...

FREE Red Maple TREE
w/any purchase w/coupon exp. 7-31-10

- Pots & Custom Wood Planters
- Protective Biodegradable Tubes
- Wood Chips & Mulch
- Soil Amendments
- Sugar Maple
- Superform Norway
- Globe
- Amur Maple
- Red Maple
- Burgandy Belle
- Rugged Charm
- Red Buckeye
- Allegheny
- Paw-Paw
- Yellow Birch
- Paper Birch
- Yellow Wood
- Chinese Chestnut
- Hackberry
- E. Redbud
- White Redbud
- Hazelnut
- Gold Tide Tree
- Siverbell
- Sweet Gum Tree
- Whorplesdon Sweetgum
- Tulip Popular
- Crabapple
- Susan
- Black Gum Tree
- Sycamore Tree
- Quaking Aspen
- Red Oak & More...

Here are just a short list of Trees Available at our tree farm.
Common Names:
Balsam Fir • Black Hills Spruce • White Spruce • Japanese Maple

12788 Red Arrow Hwy • Sawyer MI • 269.208.8981 • www.WoodsToBe.com

NOW OPEN



Ferris Wheel Now Open
Never Been to Jollay Orchards in the Summertime?

It's a Whole New Experience!

- Western Town
- Super Maze
- Animal Farm
- Hayrides
- Playground
- Caterpillar Crawl

U-Pick & Pre-Picked (No Admission Charge to pick fruit)

July - Red Raspberries, Sweet Cherries, Tart (Pie Cherries) Black Raspberries & Apricots

August - Red Raspberries, Peaches, Donut Peaches



2010 Summer Jamboree
Daily Activity Admission \$6.00 Per Person

FREE ADMISSION One Free Admission
with 1 paid admission (One coupon per family per visit) w/coupon exp. 7-31-10



(Exact picking dates and availability depend on weather conditions. Please call or go to JollayOrchards.com to confirm picking availability.)
1850 Friday Rd • Coloma, MI • (269)468-3075 • www.jollayorchards.com • Exit 39 off I-94 *LEFT 2 miles • Open Daily 9:30 - 5:30



WHOLESALE WINDOWS

FREE INSTALLATION w/this ad exp. 7-31-10



The First 25 Customers Who Respond Will Receive **FREE LOW "E" GLASS** with Argon Glass

SENIOR DISCOUNT
NEW LOW PRICES ON BAY OR BOW WINDOWS



CUSTOM VINYL REPLACEMENT WINDOWS AT FACTORY PRICES TO YOU!

1 DAY INSTALLATION! in most cases
90 days Same As Cash • 3 Years No Interest



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