

# Pretty Woman



## Fitness & Weight Loss Centre

### Contact Us

Fittons West Centre  
425 West Street North  
Orillia, Ontario L3V 7R2

#### Hours of Operation

Monday—Friday

6:30 am—8:00 pm

Saturday

8:00 am—4:00 pm

705-329-7719

#### Classes

Times are scheduled at  
time of booking.

#### Debbie Sammit

Selected for Stanford's Who's  
Who of New York for out-  
standing contributions to  
Fitness, Business & Society.

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Contributed to Non-profit  
organizations over a 5 year  
period including Cancer Soci-  
ety, Humane Society, Kiwanis  
Club, Salvation Army, St.  
Mark's Church and Green  
Haven to name a few.



Volunteer Firefighter

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Certified Coach, Personal Trainer &  
Nutrition & Wellness Specialist

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Skydiving Instructor & Tandem Master

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Black belt in Karate, Green belt in Judo  
& Tae Kwondo