

Junk removal

Junk-Out

416-253-7533

If your basement is beginning to resemble the Island of Misfit Appliances, it's probably time to call in a professional. To save money, avoid the big billboard names—Henrique Viera of Junk-Out will get rid of your unwanted drywall, dishwashers and other discarded stuff for between \$350 and \$400 per 14-cubic-yard bin. Running a small business with low overhead means he can charge a whole \$100 less than crap-clearing Goliaths.

Emergency plumber

Adrian Plumbing

416-880-1029

Master plumber and former Mr. Rooter employee Adrian Heji can undercut his old employer thanks to lower operational costs (he's the labour) and minimal overhead (he owns a truck). Call him 'round the clock for toilet installation (starting at \$120, compared with Mr. Rooter's \$200-plus), leaks, drain problems and pretty much any piping disaster, as well as home heating issues and malfunctioning furnaces. Service is prompt, professional and plumber's-crack free.

Snow tire storage

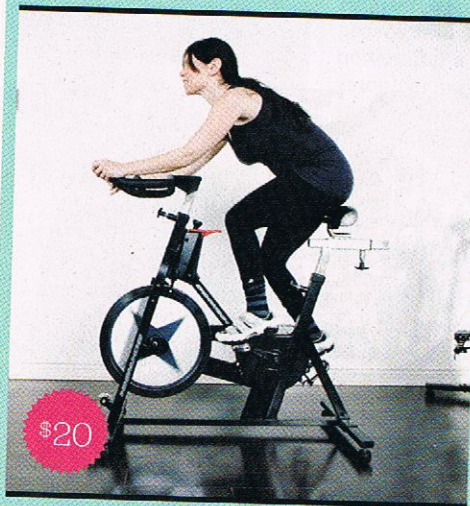
Tire Source

THE QUEEN ST. E., 416-362-1235

Stressing about where to store those winter tires when the freezing season finally lets up? (It will let up, right?) Avoid tucking them away in your garage, your basement or, if you're a condo dweller, your living room. These may sound like good ways to save a buck, but tires kept improperly (where unwanted moisture can get inside them) can quickly lose the qualities that made them so pricy in the first place. Plus, they tend to be covered in road grime. Instead, drop and store winter wheels at the centrally located Tire Source. Removal and full off-season storage for \$120, which is as cheap as it comes.

SWEAT IT OUT

FOUR EXERCISE REGIMENS THAT WILL HELP YOU DROP POUNDS, NOT DOLLARS

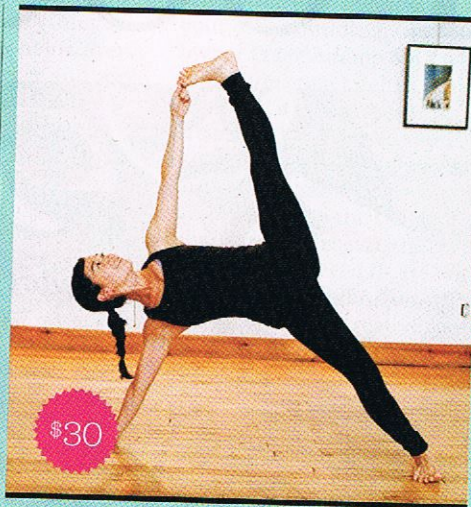


Spynga

SPYNGA SOUTH STUDIO,

1415 BATHURST ST., 416-588-7796

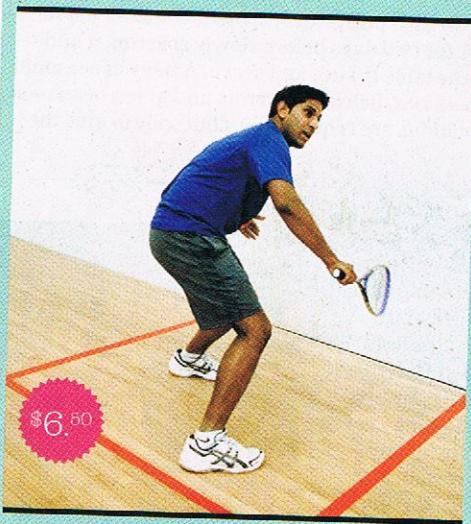
Work up a sweat while improving your inner chi at this hybrid exercise class that combines a high-intensity spinning workout with the restorative benefits of yoga. An introductory offer of two classes for \$20 means you can sample the goods for a steal.



Yoga

PASSPORTTOPRANA.COM

The ultimate membership for the nomadic yogi, the passport entitles users to one free class at each of 36 Toronto yoga studios, and it lasts a year. The cost is just \$30, meaning if you can make the time, you could bring the per-class rate down to 83 cents (and turn your body into a temple while you're at it).

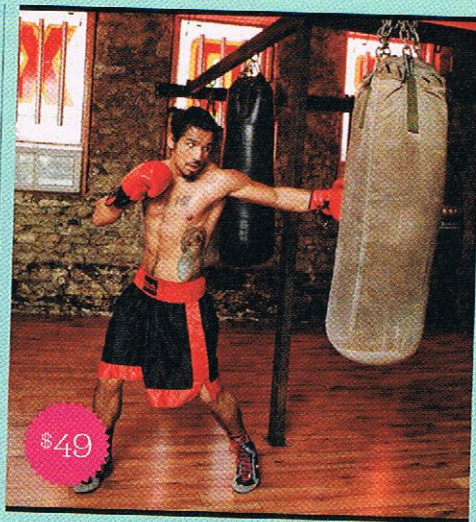


Squash

ST. LAWRENCE COMMUNITY CENTRE, 230 ESPLANADE,

416-392-1347

Play the game of Bay Street big shots without the posh prices at the St. Lawrence Community Centre, operated by the city's parks and rec department. Courts cost just \$6.50 per player, which is less than the price of parking at some private racquet clubs. Book early (up to a week in advance is allowed), especially on busy winter weeknights.



Boxing

BLOOR STREET FITNESS AND BOXING, 2295 DUNDAS

ST. W., 416-535-2699

The city's most authentic boxing gym—it's home to the same ring in which Muhammad Ali battled Rocky Marciano in Times Square—is also the cheapest. A monthly membership of \$49 includes 24/7 gym access, daily boxing and unlimited classes (pilates, kick-boxing, hip hop) for exercise buffs of all kinds.