

Fitness: 'the Vogue thing'

(Continued from Page 1)

Where males might be attracted to the macho image of Hercules muscles, explains Ms. Wayne, women see weightlifting as an activity which tones up existing muscles and makes them feel better about themselves.

"Women don't feel the need to prove their strength."
Women who do work out at Silvers Gym are not necessarily there to lose weight, either. "A lot of women are under weight or even of average weight and come here to tone up their muscles. Some even enter competitions."

Ms. Wayne explains that weightlifting is an effective way to gain weight because muscles weigh more than fat.
"The women that we do see coming here to work out are already in good shape."

"If you are not in good shape it would be too taxing for you. Muscles aren't built by just progressive resistance. You have to have protein and keep up with the vitamin aspect of it."

SILVERS GYM is not alone in attracting new clients interested in conditioning.

Other reducing centers in western Wayne County include Silhouette/American Health Spa in Westland, Elaine Powers studios in Livonia and Westland, Quick Weight Loss Clinic in Livonia, The Slimmy in Westland, Total Health Spa in Canton, Weight Loss Medical Center in Livonia, a Vic Tanney International Health Club on 7 Mile in Livonia with another one under construction at Ann Arbor Road and Haggerty in Plymouth Township.

There's also a great deal of activity at such places as Coliseum Racquet Club in Westland, Raquetime in Livonia, Ross Shores Racquet Ball in Canton, and at the Rebel Gymnastics Club in Garden City.

Other health-related firms include the Dynavit Computerized Bicycle Ergometer company in Livonia, Beck's Emil Sauna in Westland, Emma's (a health food restaurant in Plymouth), and a number of retail health food stores — more than 45 in western Wayne County alone.

IN PLYMOUTH where the Family YMCA doesn't have its own center, fitness classes are offered in schools, churches and business facilities.

Among YMCA activities offered in school buildings are pre-school fitness, evening aerobic fitness, men's open gym and volleyball, and Slim Living. The Plymouth Elks Club is site for a free Senior Adult Fitness class and for a senior adult folk dance activity. Dance Unlimited studio houses a trim class and a special fitness class for adults, while St. John Episcopal is used for a morning aerobic fitness class.

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