

Women stretch-and-hold to get that special aura

By LORRAINE MCCLISH

Several mornings a week women clad in leotards and gym shoes enter 12 Oaks Mall before the center is open to shoppers, spread out their mats and prepare for the stretch-and-hold exercises designed by Irma Boling.

"It beats a crowded gym," said Mrs. Boling, who has made a career of encouraging women to make exercise a part of their personal everyday regimen.

"The essence of Bodytone is told in its name and in my slogan, 'The Healthy Way to Beauty,' and it's a pleasant way to start the day. After our workout, we go in to Lord & Taylor's Cafe for our mid-morning snack, and even that is socially therapeutic," she said.

Mrs. Boling leads Bodytone classes for residents in several suburban apartment complexes, and after work for employees of Ford Motor Company, accessible only by invitation.

"The one given in co-operation with Lord & Taylor is the only one open to the public.

"TO ACQUIRE that special feminine aura, you must take care of your body," Mrs. Boling said.

"Cosmetics, the right hair style, fashionable clothing are important, but they're all frosting. These things don't bring you the grace, confidence or vitality that are the basics of healthy beauty.

"The confident healthy demeanor that will get a woman a second look of approval comes from within. It comes when you feel good, and when you feel good, you will look good. The potential becomes unlimited."

Mrs. Boling is adamant that Bodytone is not a fitness fad, but rather a



IRMA BOLING

priority discipline.

The program emphasizes stretch-and-hold techniques which promote body flexibility.

The twice weekly one-hour sessions utilizes all muscle groups. The accelerated aerobic portion of the sessions build up cardiorespiratory endurance. And the cool-down, one of the most important steps in the total workout, leaves the participant feeling energetic and refreshed without feeling exhausted.

MRS. BOLING developed Bodytone after her husband suffered a heart attack, then by-pass surgery.

"The statistics that prove women are the survivors hit home with me," she said.

"Our bodies are finely tuned instruments, but oh, so strong. We are the most flexible of creatures, capable of wearing our so many hats efficiently."

"The women I've met since I started Bodytone only confirm my original belief that no matter whether we choose a business career, or one of household engineer, or that combination, women desire to be feminine."

"Bodytone is designed for women of all ages. I don't want women my age or older to be intimidated by the Barbie Doll image the spas offer, and they needn't be," she said.

After sharing and teaching her approach to healthy beauty, she says, "This has been very gratifying. I see the results in my students. We are all beautiful in our own way."

On the philosophical side, "Life to me is being able to accept the challenge of the unpleasant realities it may bring, but more importantly it is being able to live at least 50 percent of your fantasies."

Her own fantasy is a center designed for women which avails them of all those things they need to refresh themselves physically and mentally.

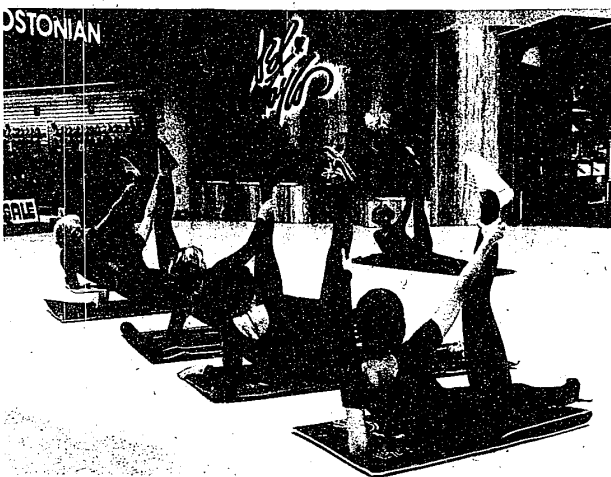
"It would be a place where a woman can use her precious time and receive the necessary luxuries she chooses to deserve," she said.

MRS. BOLING has a background in dance and music, which she brings into her classes.

"Students improve their muscle tone, achieve better posture and a general feeling of well being and femininity, all set to music," she said.

The fee of \$30 for a six-week session, she explained, has been determined more for bookkeeping reasons, than anything else.

"There is no beginning or ending to



The quiet of 12 Oaks Mall, before the doors are opened for shoppers, is the meeting place for women who go through the Bodytone workouts that are de-

signed and led by Ira Boling. New participants are welcomed at 9 a.m. every Tuesday and Thursday.

the exercises. Any one can join us at any time at 9 a.m. on Tuesdays and Thursdays.

"Keeping your body fit doesn't have a beginning or an ending time, it's a

continuous process to keep us flexible," she said.

The after-work-out snack in Lord & Taylor's Cafe is complimentary for the participants.

"But don't expect danish," Mrs. Boling said. "The snack is in keeping with our healthy way to beauty regimen." Mrs. Boling will take inquiries by calling her at 349-2092.

Center's spring roster brings array of talent

Registration for spring classes at the Farmington Community Center begins Thursday, March 19, with examples of arts and crafts on display and many of

the teachers on hand to discuss their expertise from 10 a.m. to 8 p.m.

Mail enrollments and in-person registration will be accepted March 20 and

continue until classes are filled.

"Whether your interest is in improving an existing skill or developing a new one, you'll expand your horizons with the diversified array of activities offered," said Jane Wiese, assistant director for the center.

There are 70 adult classes, 11 classes for young people and nine special events listed on the spring roster.

Instruction by highly qualified teachers is offered in art, cooking, self-awareness, calligraphy and the heritage crafts of crewel embroidery, smocking, knitting, basketry, needlepoint and quilting.

For fitness enthusiasts, the center offers yoga, golf, horseback riding, social dancing and slimmastics.

Youth are offered teen modeling, sessions in manners, golf, riding, bike repair, calligraphy, several art courses and piano.

AMONG THE classes making a first appearance on the center's roster is "Farmington: A Natural History."

Dr. Robert Douglass, Jean Fox, Betty Frankel and Harley Thornton join as team teachers for the class, which gives an historic overview of the area stemming back to the last ice age.

The class runs 8-9 p.m. Wednesdays beginning April 8. Fee is \$15 per person, or \$25 per couple.

Jackie Kendall brings "A Psychic Experience" to the center for three two-hour afternoon sessions beginning

Wednesday, April 8.

The woman known as WXYZ Radio's "psychic in residence" discusses sun signs, tarot cards, predicts upcoming events, and talks about mental telepathy in the three-session course.

"Knit for Spring" with Gillian Perry runs 1-3 p.m. Tuesdays beginning April 7. In eight sessions, students will learn novel stitches and patterns to create lightweight sweaters and vests. Fee is \$35 plus materials.

Betty Frankel, columnist for the Free Press, shares her know-how on landscaping and gardening in her new class, that runs 7:30-9:30 p.m. Wednesdays beginning April 15.

THERE ARE quite a few one- or

two-session workshops listed for April and May.

Barbara Dermody gives a short-term class called "Creative Bread Making." Under the same heading, Judy Antish-ing heads up a session called "Gourmet Pot Luck and Recipe Exchange."

Minnie Vantrese shares her know-how in a "Blazer Workshop" and "Custom-Fitting Workshop" for seamstresses.

Zabel Arakelian's students will learn the delicate art of embroidery on sheer materials in her new "Shadow Embroidery Workshop."

All classes begin the week of April 6 in the center, on Farmington Road north of 10 Mile Road. Inquiries will be taken by calling the center at 477-8404.

WomenCenter holds open house

Oakland Community College's (OCC) WomenCenter on Orchard Ridge campus hosts an open house on the campus during the regular school day March 18.

WomenCenter is comprised of students, faculty and community women who work together to establish the equality of women today's society.

Visitors will learn about the workings of the women-helping-women program, observe classrooms in action, be invited to sit in on lectures and discussions in the morning.

Tours of the campus will be available at 2 p.m.

Hostesses will be OCC students on hand to answer questions and share their experiences about returning to school.

There is no charge. Babysitting facilities, also without charge, will be provided for the guests.

The day is geared for the woman who is considering completing college or improving job skills in preparation to enter or re-enter the job market.

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