

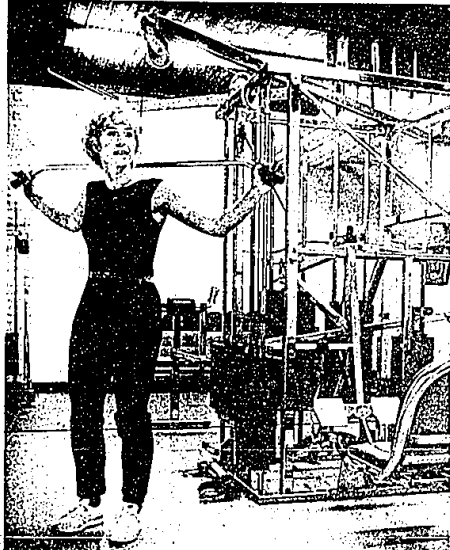
Suburban Life

Loraine McClish editor/477-5450



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(F19)



Kay Burns works out in the weight room where participants set up their own program with an instructor; then learn how to set their own goals for upper body strength.



Barb Ryan leads four classes in body toning using small weights. Participants increase muscular strength and flexibility. The class is also sug-

gested for those wishing to improve their body contour.



Carolyn Thompkins is in one of the Superfitness classes offered both mornings and evenings. Participants are led by trained fitness specialists in the program designed to firm up muscles, improve

flexibility and develop heart and lung endurance. Every participant must be screened before joining this class.

Farmington YMCA introduces Body Shop

By Loraine McClish
staff writer

Kay Burns, who works with the philosophy that fitness must be fun and it must be challenging, opens the new year's classes in the Farmington

YMCA's Body Shop with a Fitness Fair.

"Those who come to the fair can come in their leotards ready to work out, or they can sit in on any of the sessions just to see what we do here," Burns said.

The fair runs 6:30-8:30 p.m. Wednesday, Jan. 11 in the Y on Farmington Road, north of 13 Mile. The open-house format is designed by Burns to inform residents of the fitness programs offered, giving them an opportunity to work out with three classes in session and meet the staff.

The three classes in session will be Co-ed Superfitness, Dynamic Aerobics with all three instructors of this class leading the guests, and Jazz Aerobics, a new class led by Diane Link.

Visitors can also get their blood pressure checked, see a short movie pertaining to the effect of salt in nutrition or participate in discussion groups.

Discussions for the Fitness Fair concern starting a personal running schedule, the Y's way to a healthy back and why exercising is important to pregnant women.

"There's no charge," Burns said. "All of the staff will be here to welcome Y members and newcomers to learn about our health enhancement policy."

THE Y'S HEALTH enhancement policy enables its members to understand the state of their present health and current fitness level.

They do this through a screening that considers health history, blood cholesterol, body composition and blood pressure.

Burns describes the policy as "health maintenance."

She says, "Our program is geared for healthy people. We offer fitness and superfitness classes. There are no therapeutic classes here, but after the screening you can get a health evaluation, which is optional."

Screening dates are 7-10 a.m. Wednesday, Jan. 11; from 8 a.m. to noon Saturday, Jan. 14; and 8-10 a.m. Saturday, Jan. 21, all on a walk-in basis.

All classes for the winter session begin the week of Jan. 15.

"Classes run all day long, starting at 6 a.m. We started the early bird classes mostly for the runners who wanted a workout before going to work. In January we're trying something new for the busy people who want to stop in for a workout on their lunch hour," Burns said.

THE NOON TIME workout is one of two new classes offered this winter.

Participants can come to the Y between 11:30 a.m. and 1 p.m. Mondays, Wednesdays and Fridays on a drop-in basis. The session includes warm up, stretches, self-directed aerobics, cool down and muscle strengthening with instructor Barbara Matheson.

The other new class in the Body Shop is called "Massage for the Health of It" led by trained myomassologist Kathleen Yugovich.

Persons who come to this class must

come with a partner. The class is designed to teach couples the techniques of massage, from head to toe.

"Massage has many health benefits, and of course is known as a great reducer of stress," Burns said.

Most of the classes are co-ed and most of the classes can be joined at any time.

"Our screening takes care of letting participants know where they are at physically and what they are capable of doing or not doing. The only time we've stepped in is when we've recognized a health risk they haven't, but that doesn't happen often. And if someone wants some advice as to where to start, of course we will help with that," Burns said.

In addition to the classes offered in The Body Shop, there are also a dozen or more offered under the title Wellness Classes.

Wellness classes include yoga, weight loss and control, body toning, prenatal and postnatal fitness and an offering for those suffering from bad backs.

For a brochure, call the Y at 553-4020.

Staff photos by Randy Borst



Ina Stevens leads the Dynamic Aerobic group where the vigorous dance exercise format is guaranteed to improve heart health and

tone up the figure. Movements, designed for both men and women, leave the body tingling.

hear ye
hear ye

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 open Mon-Thurs & Fri 9-6, Sat 10-5, Sun 12-5