

**NOV. 4TH-10TH**

# GRAND OPENING

## ONE ON ONE<sup>®</sup> ATHLETIC CLUB

### On Staff Service Team

<p><b>Monday, November 4</b> Racquetball Exhibition with <b>Mike Yellon</b> and <b>Larry Fox</b></p> <p>Watch these well known racquetball experts demonstrate their best moves and strategy. Catch any of the four 20 minute exhibitions beginning at 6 pm.</p>	<p><b>Tuesday, November 5</b> Do It Right, Do It Safe with <b>Charly Heaverlich</b></p> <p>A free No Nonsense workout by TV's aerobic expert Charly Heaverlich with emphasis on the real purpose of exercise and how to do it effectively. Half hour workouts and brief talk beginning at 6 and 7 pm.</p>	<p><b>Wednesday, November 6</b> The ONE ON ONE Philosophy with <b>Mark Wiloy</b></p> <p>The ONE ON ONE approach to fitness and the club's new highly advanced equipment will be discussed and demonstrated by Mark Wiloy, one of the foremost exercise consultants in the Midwest. Join him at 6 and 7 pm.</p>
<p><b>Thursday, November 7</b> How To Become Your Physical Best with <b>Charlie Blanchard</b></p> <p>A free motivational workshop by two time Ironman Champion Charlie Blanchard. An easy training run of three miles at 5:30 will be followed by a talk with Charlie at 7 pm.</p>	<p><b>Friday, November 8</b> Free Tennis Clinic with <b>Ian Harris &amp; the ONE ON ONE Pros</b></p> <p>Join our expert tennis staff for advice on strokes and footwork. All level of players are welcome. The 45 minute clinics will begin at 6 and 7 pm.</p>	<p><b>Monday-Sunday</b> <b>Free</b> Clinic Refreshments Prizes Open House Surprise Guests</p>
<p><b>Sunday, November 10</b> <b>Special Guest Speaker</b> <b>Dr. Joseph Arends</b> Motivator, Educator and Fitness Expert. "The Quality of Life." Lectures, questions and answer period at 4 pm.</p>		

**FREE CLINICS AND INSTRUCTION**

Stop in any day of GRAND OPENING week to meet with our pros. They will be available to answer all your questions and offer you **FREE INSTRUCTIONS**

**WIN**  
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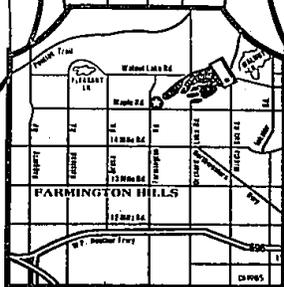
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 aerobics  other

