

NOV. 4TH-10TH GRAND OPENING ONE ON ONE[®] ATHLETIC CLUB

On Staff Service Team

Monday, November 4

Racquetball Exhibition
with
Mike Yollen
and
Larry Fox

Watch these well known
racquetball experts
demonstrate their best
moves and strategy. Catch
any of the four 20 minute
exhibitions beginning
at 6 pm.

Tuesday, November 5

Do It Right, Do It Safe
with
Charly Heavrich
A free No Nonsense
workout by TV's aerobic
expert Charly Heavrich
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.

Wednesday, November 6

The ONE on ONE
Philosophy
with
Mark Wiley
The ONE on ONE
approach to fitness
and the club's new highly
advanced equipment
will be discussed and
demonstrated by Mark
Wiley, one of the foremost
exercise consultants
in the Midwest.
Join him at 6 and 7 pm.

Thursday, November 7

How To Become Your
Physical Best
with
Charlie Blanchard

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.

Friday, November 8

Free Tennis Clinic
with
Ian Harris
& the ONE on ONE Pros

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.

Monday-Sunday

Free
Clinic
Refreshments
Prizes
Open House
Surprise Guests

Sunday, November 10

Special
Guest Speaker
**Dr. Joseph
Arends**
Motivator, Educator
and Fitness Expert.
"The Quality of Life."
Lectures, questions
and answer period at 4 pm.

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**

**ONE
TIME
OFFER
ZERO
MEMBERSHIP FEE**
Join Now and Save \$200.00
OR
**SPECIAL
3 Months Introductory
Membership**
(These Special Specials
Available to First
100 New Members)

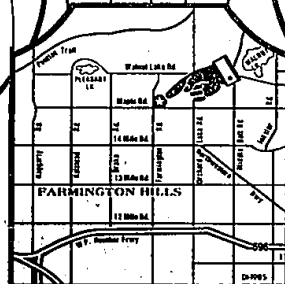
WIN
a trip for two
to Las Vegas through
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**PRIZES
INCLUDE**
SPORTS EQUIPMENT, ATHLETIC
APPAREL AND MUCH,
MUCH MORE

No Purchase Necessary.
Need Not Be Present to Win.
Prize Drawing and Free Refreshments
Every Day of Grand Opening Week.

**THE
ONE AND
ONLY
HEALTH & FITNESS
CLUB
You'll
Ever Need**

- Life-cycles
- Free weights
- Hydra-fitness
- Tanning booths
- Fitness lectures
- Supervised Nautilus
- Banked indoor track
- Floating aerobic floor
- Stairmaster treadmill
- Whirlpool and saunas
- Coed workout facilities
- Nine indoor tennis courts
- Indoor and outdoor pools
- Sports and equipment shop
- Gourmet health food restaurant
- Corporate and family memberships
- Senior citizen discounts and programs



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626-9880



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Name _____
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Club Interests:
☐ pool ☐ nautilus ☐ track
☐ racquetball ☐ tennis
☐ aerobics ☐ other _____

LOOK FOR THE
ONE on ONE BALLOON
OVER THE CLUB