



The Workout Co. Inc.

Best Exercise Studio — Monthly Detroit Poll

Daylight Savings!

10 Exercise Classes for — \$10 —*

Good for the following weekday times: 6:30 a.m., 11:30 a.m., 1:00 p.m., 3:00 p.m.
Bloomfield Plaza
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855-1033

*Purchase offer expires April 30, 1986. Classes good for 2 months from date of purchase.
One per person; one time only. NEW PEOPLE ONLY

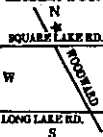
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Le Studio, Dynamic Engerte, Inc.

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Proper shoes are necessary.

Aerobic dance has been increasing in popularity since it first came into vogue in 1969. This versatile routine combines a cardiovascular workout with exercises designed to improve flexibility, endurance, agility and coordination. And as with any sport, proper footwear is a must for maximum gain.

The foot takes an incredible pounding in a typical aerobic routine. Injuries can include stress fractures and, in some cases, Achilles tendonitis.

The proper shoe is very important in aerobic dancing. The American Podiatry Association cautions against running shoes, as they do not provide the lateral support specifically needed for the activity.

Tennis or court shoes are more appropriate. There are also new aerobic dance shoes which are designed for precisely the types of movement an aerobic dancer goes through. Any shoe, however, is better than no shoe at all.



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