

Photos by DAVID DEAN/Staff photographer

These are the sort of exercise machines one is likely to find at area health clubs. This is an aerial view of the Powerhouse Gym, which has a wide selection of weight equipment.

Choosing a club

They run the exercise gamut from family fitness to macho weightlifters

By Ralph R. Echlinaw
Staff writer

It's been said there are three kinds of people: Those who make things happen. Those who watch things happen. And those who say, "What happened?"

Those in the first category are most likely to be found in, or looking for, a health club in Oakland County.

The serious macho weight lifter, typically a man in his teens or 20s, spends his time in a place like Powerhouse Gym or Gold's Gym, grunting and pumping.

Those whose interest lies primarily in exercising for health, vitality and fun, with a serious, muscular appearance generally a secondary priority, inhabit places like United Health Spa in Rochester, where the clientele is slightly older.

TO CHOOSE A club for yourself, it's helpful to know which clubs offer what services. It can be complicated, some clubs specialize.

One-Of-One Athletic Club in West Bloomfield focuses on tennis, but still has aerobics, Nautilus equipment, racquetball courts and an indoor track.

The club has eight full-time tennis instructors, including former Oakland University tennis coach Jim Pinchoff, four part-time instructors and a levy of indoor tennis courts. "The club is built around tennis instruction," said general manager Mark Pinchoff.

One-Of-One charges a \$75 initiation fee, plus \$53 a month dues for a full membership. A tennis-only membership is \$25 a month. Family memberships are also available.

Speaking of families — if that's your priority, the YMCAs in Birmingham, Farmington and Royal Oak might be your best bet. "We try to cater our programs

around a family concept," said Birmingham YMCA branch executive Steve Teth.

At the Birmingham Y you'll find stationary bikes, stair machines, an Olympic-size pool, weight room, racquetball courts, saunas, two gyms and classes that include gymnastics, martial arts, golf and horseback riding. The other Oakland County Ys are similarly equipped.

Costs run from the "family fitness" category (\$538 a year) to a "youth general" membership (\$73 a year). But if pumpitude is your goal and you're sick of "little girls' gym" ala Saturday Night Live's Hanz and Franz, then Powerhouse Gym in Farmington should represent nirvana.

With 16,000 square feet of free-weight lifting space and 25 tons of heavy metal, Powerhouse is Michigan's largest gym, according to manager Guy Monarch. Detroit Red Wings Bob Probert and Sergei Fedorov have been known to "pump into each other" there, as well as some pro football players and bodybuilders.

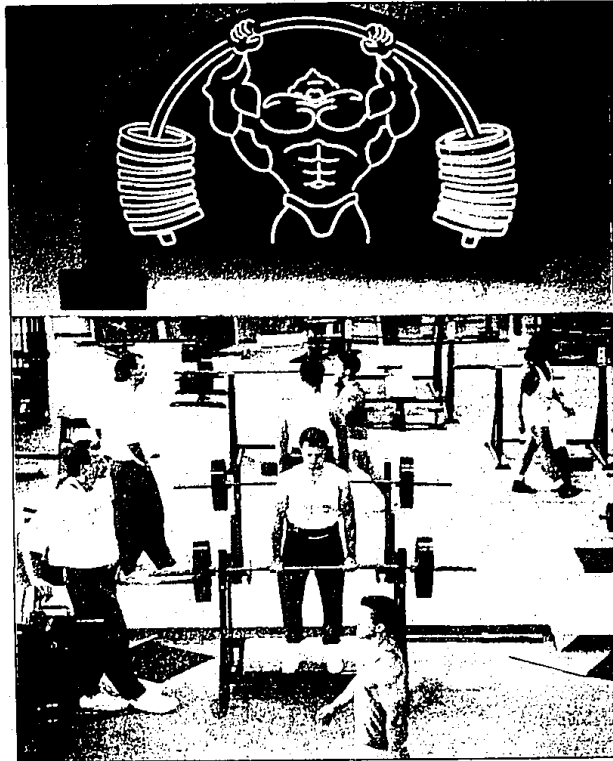
Powerhouse also boasts of 16 stationary bikes, 10 stair machines, three treadmills, a Versachamber two tanning machines, dry sauna, juice bar and vitamin shop. Personal trainers are available for a fee.

Memberships start at \$6 a day and escalate to \$275 a year. A lifetime membership is \$375 down and \$150 a year.

UNITED HEALTH SPA in Rochester specializes in people who want to get in shape, but not necessarily akin to Arnold Schwarzenegger.

Manager Craig Hemingway (yes, he is a distant relation) referred to his customers as "fitness-oriented people looking for cleanliness, supervision and an experienced staff."

At United, women are allowed only on Monday,



Pete Milostan does shoulder shrugs as Bob Martz of Bloomfield Hills watches at the Powerhouse Gym in Farmington Hills.

Wednesday, Friday and half of Sunday. Men fill in the remaining days. In fact, it couldn't be any other way. The spa was designed with just one locker room.

Hemingway said this concept and those on tight schedules with limited time to exercise. In co-ed spas a man and woman on adjacent machines will do a set and then talk for 10 minutes when there are people waiting to use the equipment. We didn't want to create a situation where we had too many people on the floor."

United has a room full of Nautilus equipment, free weights, two stairmasters, seven stationary bikes, two Versachambers, aerobics classes, a sauna, steam room and significantly, a four lane swimming pool.

"If you don't have a pool now, you're cutting out 10 percent of your clientele," Hemingway said.

United's rates are some of the lowest around. A renewable membership is \$40 down, \$46 a month for a year, then \$40 a year. A lifetime membership is \$40 down and \$31 a month for two years. While there are no annual dues for lifetime membership now, there will be after July 15.

UNITED IS A member of the International Physical Fitness Association, which automatically makes 2,000 spas around the country available to its members.

If that's still too expensive for you, try Oakland Community College. Campuses in Farmington Hills, Union Lake and Auburn Hills make their physical education equipment and facilities available to the public for \$2 per visit. This includes basketball, racquetball and tennis courts, softball diamonds, soccer fields, Nautilus equipment, free weights, a track and a pool.

Oakland University also makes the Holle-Lepley Sports Center available to dues-paying alumni for \$10 a semester.

If pure aerobics are your raison d'être, try The Workout Co. in Bloomfield Township. "We've got a unique situation in that we want people to exercise and use our place, not to sign up, pay big money and not come," said co-owner Myrna Parrich.

You can buy one class at The Workout for \$7, 10 for \$30, 15 for \$72 or 20 for \$88. Cards entitling you to unlimited classes are sold for periods of one week, one month, three months, six months and a year.

Students' essays, poems remember the Holocaust

Building upon the past success of its Holocaust writing contest, the Farmington Public Schools, and the Holocaust Memorial Center in West Bloomfield again co-sponsored the spring competition among Farmington middle school students.

The third Annual Eighth Grade Writing Contest included both essay and poetry writing, based on the topic of Social Injustice and the Holocaust. The event was coordinated by John Barrett, language arts coordinator for the school district.

Students visited the BMC in groups to enhance their course work, and some returned privately for further research.

More than 30 essays and 65 poems were submitted for the contest from all four schools, Barrett said. Teachers Sandy Chamberlain of O.E. Dunckel Middle School and William Goshorn from Warner Middle School had students winning top awards.



Six middle school students from Farmington Public Schools recently won awards for their essays and poems during the annual Holocaust Writing Contest. Pictured here are winners Carrie Christoph (left), Elaine Wolff, Saeyoung Park, Jessica Zonder and Kathryn London. Pictured in rear are Holocaust Memorial Center administrator Selma Silverman, Farmington superintendent of schools Michael Flanagan, school district language arts coordinator John Barrett, and teachers William Goshorn and Sandy Chamberlain.

Honorable mentions were awarded to Brehan King and Linda Lacinia of East, Jennifer Sloane of Power and Ben Sommers of Dunckel.

Entries were judged by a panel of 4-5 judges on originality, content, structure and form, style and adherence to contest theme.

Copies of "The Abandonment of the Jews" by David Wyman and El-

caneor, Lester's "Wallenberg: The Man in the Iron Web" were awarded to students achieving first, second and third place in each category.

First place winners also received \$25 from the school district, and second place winners received \$10.

Winning essays are to be published in the Jewish News and the Holocaust Center Newsletter.

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