No cameras will roll at writer's exercise class

There is another reason for you to come to your new television studio. Lights, music, action . . . the theme is "Whichever Way the Wind Blows" for your personalized exercise classes.

I promise no cameras. I promise a great exercise workout every Mon-day and Thursday from 5-6 pm. This begins Sept. 5 with myself. Lark Samouellan, as your instructor. We are not charging anything for this class, but we are asking for you com-mitment to come each time.

mitment to come each time.

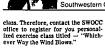
It is exciting to be in a television studio, and it is also exciting to exercise in an atmosphere that will be used to the used to be use

week.

We are going to exercise in the studio to a trim and tone regimen that is designed with callisthenics that will instantly improve your posture, and within a couple of weeks make loches of difference in your measurements. Down the road maybe January when we are trim and in tone, myself included — we can talk about putting on an exercise show on television, but I promise not milt we are all in shape.

Registration is limited to 25 in a

HOURS



cable connection **Lark Samouelian**

ACCESS PROGRAM SCHEDULE Monday, Sept. 2

No programming today.

Tuesday, Sept. 3

- psychic

 5 p.m. Senior Messenger

 7 p.m. Senior on the Move:
 Nat Starr

 7:30 p.m. Novi Candidates
- 7:30 p.m. Novi Candidates
 Forum
 8:30 p.m. '50s Festival Jr. llp
 sync contest.

Wednesday, Sept. 4

- 10 a.m. '50s Festival Jr. Ilp
 10 a.m. Senior Adult extise
 11 a.m. Novel conditates (a.)
- ercise

 11 a.m. Novi candidates form
 of m

 Noon Drawing men to Christ

 Noon Drawing men to Christ

 Noon Drawing men to Christ
 what to do when trouble comes our
 - way

 1 p.m. St. Andrews Festival
 2 p.m. Farmington Focus
 2:30 p.m. Serendipity: fall/
 - apples
 3 p.m. Crisis in the Modern
 Family: surviving the Holocaust
 4 p.m. Cosmic Connection:
 hvpnosis
 - hypnosis

 5 p.m. Rall Fair '91

 5:30 p.m. A Forgotten Peo-

- ple: Chief Joseph Norton

 8 p.m. Tri-City Update
 7 p.m. Home Computer Network installing windows
 7:30 p.m. Farmington Hills
 Police Journal
 8 p.m. My Vote Counts
 8 30 p.m. P.S. Let's Talk
 About It: dog trainer
 9 p.m. Groove Session
 9:30 p.m. Travels with Kay:
 Italy and Sicily.

Thursday, Sept. 5

- 10 a.m. Senior Adult Ex-
- ercise
 11 a.m. Seniors on the Move:

- Nat Starr

 11:30 a.m. Anvets

 Noon Horizons

 12:30 p.m. Prescription for your beath: nutritionist

 1 p.m. Never Too Old

 13:00 p.m. Viewpoint

 2 p.m. My Vote Counts

 2 20 p.m. Chi-aerobics internal power: Lesson 10

 3 p.m. Senior Messenger

 4 p.m. Shaarey Zedek: where zeryou?

 5 p.m. Senior Adult current events
- events

 6 p.m. Novi Chamber of
 Commerce: our town

 6:30 p.m. Horizons

 7 p.m. Jr. Japanese: Lesson
- 7:30 p.m. Viewpoint

8 p.m. — Farmington Focus
 8:30 p.m. — Crisis in the Mod-n Family: surviving the Holocaust
 9:30 p.m. — Lansing Connec-

Friday, Aug. 30
Request your favorite community access program to be cablecast 3-9 p.m. Friday. Call MetroVision, 553-7303.

FRANZEN BROS.

CIRCUS



NOS UNCER 3 ADMITTED PREE

FRIDAY, SEPTEMBER 6 5:30 & 8:00 PM **NOVI TOWN CENTER** South of I-96 on Novi Rd.

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eaturing 8 performing Lions 8 Tigers !!! Tons of Educated Elephants!! Clowns!

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