

Now, an affordable private club... with a difference

You're a person who doesn't just exist in today's world. You live fully. You're active. You compete. You work at being fit and looking good. It's part of your lifestyle. You enjoy excellent food and drink, stimulating people and parties.

You want more than a swim club, health club, tennis club or the "Y". Country clubs are nice but there's more to life than golf and bar's poker. And, you'd like a place where single people as well as families are welcome.

We're the new Hamilton Place Club. We'll bring your lifestyle together and make it more enjoyable by blending your social, recreation and fitness activities in an atmosphere of fun and exhilaration.

SWIM YEAR 'ROUND. INDOORS AND OUT



If you're into swimming as a competitor, parent, lap swimmer, or just someone who wants to cool off, the indoor and outdoor pools at Hamilton Place are what you've been looking for.

For children, there will be lessons for all skill levels from beginners to AAU level competition and eventually inter-club meets. Adults can use the pool as their physical conditioning medium.

Your conditioning "prescription" from the Fitness Planning Lab can be designed around the swimming pool "parcourse." Our pool "parcourse" is based on the circuit training principle — enjoy being fit.

For those who "never give up," join our masters swim team. It's a fun training and competition program for adults.

ENJOY AN AFTER ACTIVITY COCKTAIL OR QUIET DINNER



The Fitness Center is virtually completed and remodeling of the restaurant, cocktail lounge and ballroom is about to begin. So, when you want to top off a day at the club with cocktails or a quiet dinner — the Club's cocktail lounge or dining room with English pub decor will be an excellent choice. You'll meet members and friends to share that "something in common" that makes being out so much more enjoyable.

The cocktail lounge has a nice open bar for meeting friends and a lounge area for quiet conversation. A snack bar is adjacent to both the indoor pool area and outdoor pool deck. For large groups and parties, the ballroom seats 450 for dinner and 1,000 for cocktails. The catering kitchen is probably the most extensive among private clubs in the Detroit area.

EVENTS, ACTIVITIES & SERVICES

Hamilton Place is your club for your enjoyment. From casual conversation at the bar to dances in the grand ballroom, the members are brought together with something in common. Here are some more activities and events you can anticipate.

Holiday Dinners and Parties. Fashion Shows. Disco Nights. Sunday Brunch. Bar-B-Que. Art Fairs. Travel Seminars. Tap and Ballet. Yoga.



The facilities of the club also include a pro-shop, staffed nursery, game room, TV lounge, hair stylist and beauty salon.

THE COMPREHENSIVE FITNESS PLANNING AND RESEARCH LABORATORY TAILORS YOUR FITNESS PROGRAM

One of the greatest areas of change in today's society has occurred in the areas of fitness and health. The old misconceptions and myths are being exploded. Through contemporary exercise programs people think and feel younger. They carry the vitality of youth throughout life. In middle age, they are more productive. Everyone is an individual. For you to get everything out of an exercise program and maximize your enjoyment of life and your productivity you need to have an exercise program that is

designed just for you. No two people are alike. Each needs a particular combination of activities. No two people have the same heart rate, percent of body fat, ratio of red to white muscle fiber or recreational activity goals. That's what the Hamilton Place Fitness Planning Lab is all about. The lab and all fitness programs at Hamilton Place will be under the direction of Douglas Garfield, Ph.D., in exercise physiology. Until now Dr. Garfield has been Director of The Human Performance Lab and Fitness Research Institute at

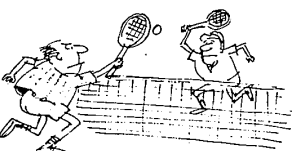
Syracuse University. He is a recognized expert in the use of exercise to enhance health and productivity.

The lab will be conducting research for manufacturers of exercise equipment. Already the lab has grants to complete research regarding trauma free cardiovascular exercise and heart rate meters.

Each new member of Hamilton Place will receive a basic fitness evaluation from the lab. Based on the evaluation they are given a "recommendation" for a fitness program designed to bring them to their optimum fitness capacity. You will be amazed at your physical progress and mental outlook after a stimulating and enjoyable program of exercise.

There are country clubs, health clubs and social clubs but we believe that the Fitness Lab makes Hamilton Place truly unique among all clubs in the country.

TENNIS COURTS, PLATFORM TENNIS COURTS AND A GYM AT NO ADDITIONAL COST



During the summer, tennis promises to be a key activity. There will be clinics and tournaments. During the winter, platform tennis will take over. "Paddle" players, a hardy outdoor lot, will love to give this a try.

Gym activities are also available. Dance. Aerobics. Calisthenics. Basketball. Group Exercise. Slimnastics. Tumbling and Gymnastics. Baby Child and Teen Programs.

A CLUB FOR ALL SEASONS

Most private clubs are seasonal and at times during the year you might just as well put your membership in storage. Swim clubs are open from about Memorial Day to Labor Day. Most Country Clubs close for some time during the winter. Health clubs are a bore in summer.

But, Hamilton Place has something for you all year. Indoor and outdoor pools, Tennis in summer, platform tennis in winter. Indoor and outdoor jogging tracks.

When the seasons change Hamilton Place will still be your activity and social center. You'll have total "fun and fitness" all year round.

HAMILTON PLACE DELIVERS REAL FITNESS

Have you ever tried to achieve fitness and been thwarted by obsolete equipment, untrained instructors, inadequate locker facilities or sheer boredom? Hamilton Place is designed to preclude these problems. You'll get a real fitness program.

The old muscle beach concept is a thing of the past. For development of muscle tone and strength the club is equipped with Universal Progressive Resistance Exercise Equipment. From experience, we believe that this is the most beneficial system for the type of work

outs our members will need.

For cardiorespiratory programs, ergometers (bikes) are available so members can maintain prescribed heart and respiratory rates in a pleasing way.



Circulation and relaxation are enhanced by use of the Finnish saunas, dry heat and steam rooms, whirlpools and massage. Sun rooms enhance your appearance. Locker and shower facilities are both extensive and plush with over 1000 lockers.

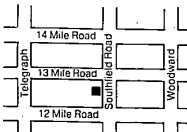
SPECIAL PRE-CHARTER RATES ENDING SOON

A "COUNTRY CLUB" FACILITY AT A SUMMER SWIM CLUB PRICE

Right now, because the full facility is not completed — an extremely attractive Pre-Charter rate is available to early members. This rate is in effect only until May 14, 1979. At that time the regular Charter Member rate will take effect. When all Charter Memberships are sold, probably in late June, the Charter Member rate will also end and a regular rate will be established.

"Athletic facilities including Fitness Center, pools and tennis courts are in operation and the restaurant facilities are scheduled to open at a later date.

If your name is waiting on a list to join a summer swim club maybe you should think about Hamilton Place. The amount you've set aside to join will probably cover your Hamilton Place membership fee. Our single rate is even less. Dues are also very reasonable. If you figure the monthly dues for a summer swim club with tennis courts and compare it to the monthly dues for Hamilton Place you will find Hamilton Place's to be competitive or better. AND, YOU GET RESTAURANTS, LOUNGES, FITNESS AND MORE ALL YEAR LONG!



Phone 646-8990

"PARCOURSES"

The "Parcourse" is a path or track with specified points where particular exercises are performed. The combination of jogging and exercises accomplishes cardiorespiratory and strength objectives but it also does something else. The exercises break up the jogging in such a way that the tedium disappears and the person reaches a state of pleasure where mental fitness is also enhanced.

Ideally the course is in an idyllic setting of trees and flowers. The Hamilton Place course will be such a place.

In bad weather work out on either the indoor running track, or in the Aquatic Parcourse in the indoor pool... one of the few in the country.

HAMILTON PLACE

A club for all seasons

HAMILTON PLACE PRESENTED BY STANDARD REALTY. THE PEOPLE WHO BROUGHT YOU THE LEMONTREE APARTMENT COMPLEX.