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who also is a psychologist with a private practice in Birmingham, is the author of "Street Sense," an advice column for young adults in the Street Scene pages. Partrich writes "Exercise Options," which runs in the Sports section.

At present, Schiff is working on her Ph.D. Partrich has a national claim to fame, serving on the President's Council on Physical Fitness and Sports, as well as on the Governor's Council on Physical Fitness and Sports and on the advisory board of Oakland Community College's exercise, science and technology program. She was honored recently by the Michigan Women's Foundation with its extraordinary athlete award.

One of the best

The Workout Co. has received many honors, including a recent one from Self magazine, which again named it one of the country's top exercise studios.

Although the studio is housed in what looks like a typical mall storefront, and has one large exercise room, plus dressing rooms inside, there is something that makes it extra special — the flooring.

The floor has a spring to it. The floor is lifted three inches up at least. Air moves up and around. It's a very soft surface. We (teachers and clients) have managed never to be injured. High-impact aerobics can be a killer if you don't have the right floor," Partrich said.

The two women who have dance backgrounds first got together 13 years ago, teaching exercise classes for a couple of months in the social hall at Temple Beth El in Bloomfield Township. Then they got their own studio.

They also held classes at the Renaissance Center in Detroit. Schiff recalled, "We were really trying to develop a downtown program." But today, they only have the present studio and aren't trying to expand.

When the partners moved to this location 11 years ago, they

installed the new floor. "We knew when we could afford to build the floor," Partrich said.

Did their own thing

The women are proud of the fact that they started the business on their own. Schiff's husband is an attorney and Partrich's husband is in the real estate business. But, said Partrich, "Our husbands gave us nothing. This was our thing. We never took money out of the business," preferring instead to keep developing the company.

When visitors enter the studio's front door, they may notice the sign on the bulletin board that reads: "The Workout Co. promotes health and beauty through exercise and mindfulness of healthy lifestyles." This is the essence of the partners' philosophy, according to Partrich.

After talking to the two women at the Gallery, we returned to the studio where an aerobics class was in progress in the big mirrored workout room. Classes are designated for both beginners and those who are more experienced in doing exercise routines. Pregnant women go into the beginners class.

Classes are held seven days a week, and there's a choice of 24 different offerings including Athletic Aerobics, Step 'n' Weight Work, Step 'n' Low (with low-impact aerobics), Muscle Madness (with free weights and bands), and Yoga with Jonny, to name just a few. Most people buy a card which entitles them to a series of classes, and work out two to three times a week.

The newest thing is step aerobics, which offers a change from the traditional high or low impact aerobics. Referring to the step routines, Schiff said, "The challenge when exercising is to work out adequately without hurting your skeletal system. It's been a revitalizing force of our business. We love it. You can spread the stress over a greater area."

Personals from page 1C

His wife, who now goes by the name of Linda Water (her maiden name) Nelson, said the two had a lot in common right from the start. She, too, is 47, and both are professionals who spend a lot of time on their jobs and have outgoing personalities, plus similar interests including food.

"I love to cook," said Linda. "He can tell what kind of mood I'm in by the way I have on the stove." She said she relieves stress by cooking. Dark-haired, dark-eyed Linda declared she doesn't fit the image some men have of a "slim blonde with skinny thighs" to answer their personal ad. Actually, she was just what Jim was looking for. In his ad, which included food imagery and double entendres, he asked for a Rubenesque woman "with imaginative seasoning spices. Menu features pleasurable, delicious indulgences as you like. Appetizer service all hours."

Wanted a challenge

"I was looking for a lady who would understand the double entendre and why it was there. I was looking for a lady who would be imaginative and creative and be challenging to me every day," he said.

Linda said, "I picked up mostly on the cooking aspects because cooking is my therapy. I figured this was a guy with a good sense of humor, a decent vocabulary, who liked food and cooking, who was into quality-of-life stuff."

Linda, who is five-foot-two, admits to struggling with a weight problem. She could be described

as Rubenesque, which indicates a voluptuous female figure. Jim, however, was decidedly overweight for many years, at one time topping the scales at more than 300 pounds.

A year and a half ago, six-foot-two-inch Jim dieted and lost more than 40 pounds. Since the couple met nine months ago, he has dropped another 40 pounds, not through dieting but just from her at-home, calorie-conscious cooking. "She fed the dickens out of me, and the weight keeps dropping off," he said.

Their romance has changed his disposition, too. Linda said that Jim's co-workers who have known him for the last six years say he's a completely different person.

With the personals ads, individuals respond by phoning a 900 number, where the person who took the ad has recorded a phone message with more information. The caller then leaves a name and number.

Back in January, Jim was at the airport leaving for a business trip to New York when he first tried to reach Linda after she left a message for him on the recording. "I called her at work from the airport and we talked about 50 minutes," he said.

They made a date to talk that night, and when his return trip was delayed, he called again to tell her. "We spoke the next day, then the rest is history," Linda said. "We went out the next Saturday."

When he arrived at the door, she asked, "Am I what you expected?" He replied, "All that, and more!"

On their first date, they went to an early movie and dinner, then returned to her house, where they talked until 1:30 a.m. "Then he called me when he got home that night," she said.

They made a date to watch football at her house and go out to dinner Sunday. "We saw each other every day afterward," she said. "Then, on St. Patrick's Day, I got a ring."

Jim works as vice president for distribution services for Dunham Sporting Co., and his office is at the distribution center in Livonia. Linda is vice president and senior public relations consultant for Sifton Associates, an advertising agency headquarters in Grand Rapids. "I run the agency here in Southfield," she said.

Something different

Linda points out that because their work and social contacts differed, "Our paths never would have crossed." Their religions too are dissimilar. He said, "I'm Lutheran. She's Jewish." Linda responded, "Actually it's been kind of fun." When he took her home to meet his mother, and they planned to attend church, "My mother-in-law told the minister to do an ecumenical service," she said.

Marriage-wise, this isn't the first time around for either of them. Each has been married twice before. He was married twice to the same woman, for 26 years. Each has grown children. He has two daughters, 23 and 26; she has two sons, 23 and 26; and now she is happy to have "daughters" and he "sons."

'I figured this was a guy with a good sense of humor, a decent vocabulary, who liked food and cooking, who was into quality-of-life stuff.'

Linda Water Nelson

Jim was single for two years before he and Linda married, while she had been on her own for 12 years. He had never dated through the personals, although Linda has been doing so for 12 years, and had even taught a community workshop on how to meet people through personals ads.

For their nuptials, the couple flew to Las Vegas on Sept. 1 and were married the following day at the Chapel of the Bells. Linda brought what she describes as "a wedding in a box, with a cake from Le Petit Prince in Birmingham with our names on it, champagne from the Merchant of Vino, four crystal champagne glasses, and silk flowers which I had done locally."

Linda also had bought herself a special hat for the occasion. "It's completely frivolous. One I'll never wear again," she said, showing the tiny, white chapeau with frothy veiling.

Jim and Linda emphasize they have worked hard at their relationship. She said, "Happy endings don't come cheap. There's a lot of labor involved. I dated a lot of frogs before I met my prince."

Samaritan center hires training director

The Samaritan Counseling Center of Southeastern Michigan has a new addition with the appointment of the Rev. John T. Campbell Jr. as director of training.

Campbell comes to the Farmington Hills center from the Onondaga Pastoral Counseling Center in Syracuse, N.Y., where he was a senior staff and faculty member in the professional training program.

Prior to his work in Syracuse, he was the executive director of the Samaritan Center on the Ridge in Munster, Ind.

The father of two sons, he is a fellow in both the American Association of Pastoral Counselors and the College of Chaplains of the American Protestant Hospital Association and an ordained minister of the Presbyterian Church (U.S.A.).

Campbell graduated cum laude in 1965 from Wake Forest University where he received a bachelor of arts degree. He completed work on his master of divinity degree in 1968 and his doctor of divinity degree in pastoral care and counseling in 1969, both at Vanderbilt University Divinity School.

The training program in pastoral counseling and psychotherapy, which Campbell will administer, trains clergy and other religious professionals who want to specialize in that area of counseling.

For more information about the center, call 474-4701.

Class accents thinking trim

Think Trim, an alternative to dieting, is being offered 7:30-9:30 p.m. Monday at The Community House, 380 S. Bates, Birmingham.

Lorraine Stefano, founder and director of Think Trim, will present the class devoted to healthy eating and exercise. Class fee is \$14. To register call The Community House at 644-5832.

For more information about the Think Trim program, call 689-3283.

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