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In The Tub
Says
BUBBA'S
PLACE
Serves The
Best
Milkshakes
Around."**

Here's the scoop:
When we make our famous
milkshakes we scoop up an
average of 1,689 scoops of
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Deluxe Ice Cream.

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101 West Skin Rd; Baldi, WI 54321

HEALTH

Continued from Page

high impact workouts, pump-cardiovascular with hand weight re-
sistance, and power bench step classes.

Initiation and monthly fees vary. One-year contracts and stu-
dent rates are available.

SOUTHSIDE FITNESS AND AEROBICS CLUB

Southside Fitness and Aerobics Club, 2681 Willamette St.,
also has a large variety of aerobic classes available. The club offers
high-, low-, or moderate- intensity levels in its 40 weekly aerobic
classes, with weekend classes and child care for each one. South-
side boasts a new weight room, hair salon, juice bar, and kids
classes.

Personal trainers will help set goals for members at no fee,
said Southside manager and partner Cliff Sarniak. Sarniak added
his club is also running a program called Nutritionalysis, a weight
management system designed to fit personal needs.

The club is in the process of restructuring the membership
rates, but student and family rates will be available.

BETTER BODIES

Better Bodies, with two locations in Springfield, offers a coed
steam room, coed hydrotherapy unit (a big jacuzzi), circuit
weights, a full aerobics schedule seven days a week, tanning beds,
full service locker rooms, body building classes, nutritional coun-
seling, and child care. The clubs also have four personal trainers to
increase the efficiency of your workouts, said aerobics coordinator
and trainer Mikki Vottola.

Membership fees run from \$23 to \$30 per month and initiation
fees vary. Membership includes the use of both clubs.

YMCA

The YMCA is one of the largest fitness centers in the area and
offers a wide variety of exercise opportunities. Located at 2055 Pat-
terson St., the YMCA has a weight room with free weights that can
be used as stand alone or in a universal super circuit. Two swim-
ming pools, four handball and racquetball courts, one regulation
squash court, and a covered tennis center with four courts are also
available, said Mike Kelly, YMCA executive director.

The YMCA also runs a full line of aerobics classes from low- to
high- intensity, a child care center, a graded health evaluation and
body fat testing, and a large range of open gym activities including
basketball and volleyball.

Membership is \$33 a month for adults, and \$59 monthly for a
family.

PACIFIC NAUTILUS

Pacific Nautilus, located at 189 W. Eighth Ave., offers weight
training in a non-intimidating atmosphere with individualized
programs, said part-owner Paul Ganyard. Besides working out on
the nautilus universal circuit, one has the opportunity to try the
rock climbing room, aerobic training room, or the nordic track
cross country machine. Fitness instructors offer help to develop
personalized weight training programs.

Student initiation fee is \$39 with a \$27 monthly fee, while
non-students have an initiation fee of \$59 and monthly rates of
\$27.

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(even when you're healthy)

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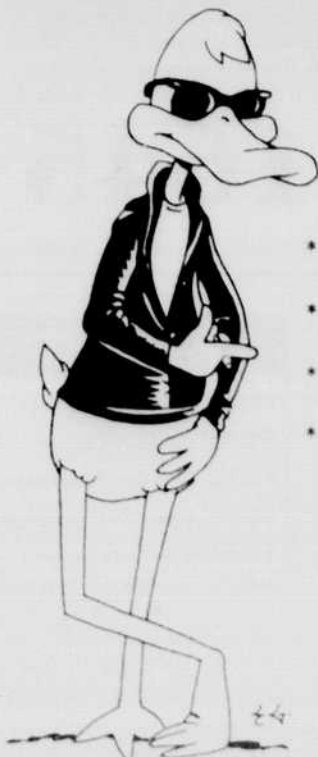
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