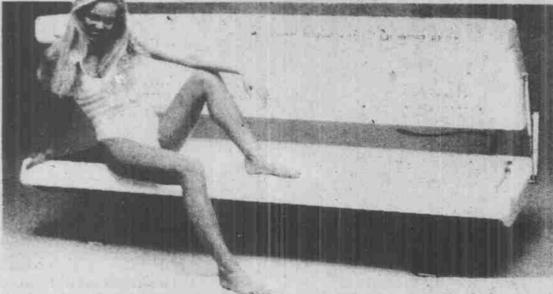


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- 1. In bath or shower.**  
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- 2. In front of a mirror.**  
 Observe breasts. Arms at sides. Raise arms high overhead. Any change in nipples, contours, swelling, dimpling of skin? Palms on hips: press down firmly to flex chest muscles.
- 3. Lying down.**  
 Pillow under right shoulder, right hand behind head. Left hand fingers flat, press gently in small circular motions starting at 12 o'clock. Make about three circles moving closer to and including nipple. Repeat on left.

AMERICAN CANCER SOCIETY

**Shops offer physically fit bodies**

By **MARJORIE MORRIS**  
 Staff Writer

Need a break from the stress and pressure of university life? Look no further than Chapel Hill and neighboring Carrboro for fun, fitness and companionship.

There students can find a variety of health clubs, which can clear a mind bogged by studying or ease a body stiff with tension.

A student who calls several towns "home" and doesn't want to waste money on a long membership should look into the Spa Health Club at Eastgate Shopping Center.

Spa Health Club is affiliated with other spas internationally and is a member of the International Physical Fitness Association.

Students moving back home or going on vacation can transfer memberships to any of the 2,000 spas affiliated with Spa Health Club.

Michael Merritt, Spa Health Club manager, said a student could even take a vacation in Jamaica and enjoy the benefits of a Spa Health Club affiliate.

Students joining Spa Health Club before the end of August can enjoy ten visits for \$10, knowing their money will go to help people with muscular dystrophy.

"Last year we raised \$18,000," Merritt said.

Regular membership fees, according to Merritt can vary from \$200 to \$400 a year, or \$20 to \$30 a month. For this membership fee, students can enjoy hourly aerobic classes, a sauna, a steam room, a whirlpool and a heated swimming pool.

Some of these same features and more can be found at the Chapel Hill Carrboro YMCA located on Airport Road. The YMCA includes an exercise room, a gym, an outdoor track, racquetball clinics and weightlifting equipment.

For \$100, students can enjoy the YMCA Building membership for a full year. A year's membership will cost \$70 more if a student wants to use the fitness center, which includes the steam room, sauna, massage, whirlpool and sunroom.

Students can join for only three months for \$30 or \$55, depending on whether you want to use the fitness center.

YMCA Director Glenda Andrews said students who join meet a cross-section of people, making friends outside the University.

Senior criminal justice major Karen Antle, who works as a front desk receptionist at the YMCA, said she finds joining the YMCA better than using University-owned facilities because of easier access and movement.

"I was unable to swim at the University pool without a lot of people around," Antle said.

The YMCA office is open from 8:30 a.m. to 6 p.m. and students can receive a guest pass, which is good for one free visit.

The YMCA stays open from 8:30 a.m. to 9 p.m. Monday through Friday, 9 a.m. to 7 p.m. on Saturday and 1 p.m. to 6 p.m. on Sunday.

Total Woman Aerobic Salon, which is moving from Franklin Street to Eastgate Shopping Center in two to three weeks has morning, afternoon, evening classes, a tanning booth and body waxing.

Students can enjoy these benefits at Total Woman for a special rate of \$95 for a full year if they join in August and September.

Total Woman is also offering six month memberships for only \$69.95. Students can join for only three months, too, but they must pay the regular price of \$59.95.

Total Woman owner Nancy Oakley said all exercise programs are put together on correct physiology, which means the whole body is given an equal workout.

"Clients can lose up to six inches in the first four weeks if they come in at least three times a week," Oakley said.

Students have unlimited classes when they join, and Total Woman is open from 8 a.m. to 9 p.m. Monday through Friday.

The Gym, located at 503 W. Main St. in Carrboro, offers restricted time discounts. A student's time at the Gym is restricted to 7 a.m. to 2 p.m. Monday through Friday, noon to 3 p.m. on Saturday for a full year discount price of \$250.

Other restricted time discount memberships include nine months for \$210, six months for \$180 and one month for \$45.

Regular membership prices are \$330 for a year, \$280 for nine months, \$240 for six months and \$60 a month.

The Gym's regular hours are 7 a.m. to 10 p.m. Monday, Wednesday and Friday, 9 a.m. to 10 p.m. Tuesday and Thursday, 10 a.m. to 5 p.m. on Saturday and 1 p.m. to 5 p.m. Sunday.

Manager Pat Jones said the Gym is advantageous to students because of its proximity to the University.

"We have 18 Nautilus machines for students to use, and it is the best available," Jones said.

In addition to Nautilus equipment, the Gym offers free weights, aerobic classes, free nursery, whirlpool, sauna, and steamroom.

"Students under stress need exercise to help them cope," Jones said.

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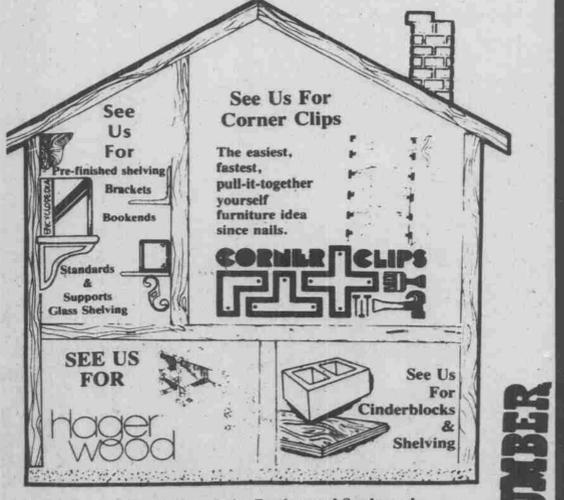
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