

SPORTS

Local gyms offer members variety of benefits

Constance Parten
THE BATTALION

Finding a good place to work out can sometimes be the most difficult part of an exercise regimen. Going to every health club in town is not only time consuming, but can be confusing with all the information they throw at potential members.

To find the right health club for you, first think of what you like to do to stay in shape.

"A workout program that isn't fun won't do you any good," Dr. Jessie Parr, medical team doctor for men's athletics at A&M, said. "You will be less likely to stick with it."

Dr. Parr recommends a balance of aerobic and anaerobic exercise in whatever regimen you might choose.

Most gyms in the Bryan/College Station area offer aerobics classes or aerobic machines, so the deciding factor should rest primarily on which gym feels the most comfortable.

Four of the most popular gyms among A&M students are Aerofit, Gold's, Jay's and Lifestyles.

These gyms all offer a wide range of ammenities and are very similar in price.

Aside from these points, some of the critical factors in making a decision should include cleanliness of the facilities, friendliness of the staff, added expenses for extras and, of course, location.

Here is a synopsis in these categories for the four gyms mentioned.

AEROFIT

Cleanliness: Aerofit is well maintained. The bathrooms and dressing areas appear to be very clean, and the padding on the machines and benches is in good shape. Aerofit has an indoor pool that is also maintained very well. Overall, Aerofit has no problems with cleanliness.

Friendliness: Aerofit staffers are almost all Aggies. Enough said.

Extras: Here's where Aerofit falls behind the other health clubs in the area. They do not provide free trainers or free body fat ratio testing. Their least expensive non-prime-time membership

allows members to only workout Monday through Thursday from 8:30 a.m. to 3:30 p.m. and then again after 7:30 p.m. There are only a few Aerobics classes offered during these times, and non-prime-time members don't have access to the whirlpool or sauna. Tanning and massage are both extra.

Location: Aerofit is located in Bryan just west of 2818 on Villa Maria. College Station residents living south of campus would have at least a ten minute drive.

Gold's

Cleanliness: Gold's is very clean. The dressing rooms and restrooms are virtually empty even during their busiest times. The benches and machine pads are all in good shape.

Friendliness: Gold's really takes the cake here. They must send their staffers to seminars on public relations. It's hard to believe that many people can love their jobs so much.

Extras: Gold's provides free trainers and body

fat ratio testing for their members. They also offer Nutritionalysis for an added cost of \$129. The whirlpool is available to all members. Tanning and massage are both extra.

Location: Gold's is located in the Kroger shopping center in College Station at the intersection of Texas Avenue and Southwest Parkway. This is great for those living south of campus, but not so good for Bryan residents who would have at least a ten minute drive.

Jay's

Cleanliness: Jay's facilities look fine. The employees were all too busy to give a tour, so comments on the cleanliness of the dressing rooms, restrooms, whirlpool and sauna cannot be made.

Friendliness: They need to look the word up in the dictionary.

Extras: Jay's offers free trainers and a nice semester, six month, or year long membership for gym only, aerobics only, or both for a reduced rate.

Please see Exercise/Page 4

SWC PREVIEW

A&M: Rebuilding Year

Heavy losses on both sides a point of concern

By Mark Smith
THE BATTALION

After winning 22 straight Southwest Conference games, many people feel that Texas A&M is the team to beat even though they are ineligible for the SWC championship.

SEE RELATED STORY, PAGE 6

"When you win 22 straight games, you get to keep that crown until someone takes it away from you," Spike Dykes, Texas Tech head coach, said.

Despite their winning streak, things remain uncertain for the SWC's returning champions.

Both lines for the Texas A&M football team are almost completed devoid of returning starters. Four of five starting offensive linemen are gone, as well as the starting tight end. The defensive line lost all three starters, which included NFL first round draft pick Sam Adams.

A&M head coach R.C. Slocum said 1994 will see some retooling in the Aggie lines.

"I think without a doubt it's a rebuilding year," Slocum said. "When you've got

every starter in the defensive line plus the first two backups on defense and then four out five starters on the offensive, line out it would be hard to characterize it as anything but a rebuilding year."

Even without the returners at the line positions, the Aggies are still deep at other skill positions.

Quarterback Corey Pullig has had another year of experience to build on and could be poised to have an outstanding year. In 1993, Pullig finished third among all SWC quarterbacks in passing efficiency and is the top returning quarterback in that category. He finished the season with 144 of 243 passes completed for 1,782 yards with 17 touchdowns and 10 interceptions.

"Last year as a true sophomore I thought [Pullig] showed a lot of improvement," Slocum said. "I think this will be a year where he can let the brakes out. It'll be a good year for him."

Depth at the quarterback position is a concern for the Aggies. With the defection of recruit Mark Farris to professional baseball, A&M only has two scholarship quarterbacks on their roster.

Please see A&M/Page 6

UT: 'Coming of Age' year

Texas holds high expectations for this season

By Brian Coats
THE BATTALION

The pressure is mounting in Austin. With Texas A&M ineligible for the post-season, many preseason publications picking Texas first in the Southwest Conference, 17 returning starters and John Mackovic entering his third season, expectations among impatient Longhorn supporters are high.

Mackovic and his players say don't worry, this is the year. It has to be.

"This should be a coming of age type of year for our team," he said. "We have some experience and most of the guys have been through our system, so we hope to be a pretty good football team."

Texas fans hope sophomore quarterback Shea Morenz also comes of age. Morenz had a solid year in '93, throwing for 2,341 yards and 13 touchdowns, 18 interceptions overall including key ones against Colorado, Oklahoma, Texas Tech and A&M had fans wondering if he will blossom into the star that could return Texas to its glory days.

Running back remains a question for the Longhorns. With the departure of Phil Brown, Texas' leading rusher

in '93, no one has stood out as the next starter. Depth should not be a problem, however, as Anthony Holmes and Rodrick Walker saw action last year, and redshirt freshman Gerrod Coleman had a good spring.

Texas has arguably the best receivers in the nation. Mike Adams is a potential Heisman trophy candidate, and Lovell Pickney joined Adams last year as a consensus All-SWC wideout. Both are game-breakers in Texas' pro-style offense. Adams also handles the punt and kickoff return duties. He returns as the nation's No. 2 returning all-purpose performer.

"Mike and Lovell are as good as any receiving duo in the country," Mackovic said.

Blake Brockermeyer, a preseason all-American in many publications, leads the Longhorn offensive line. Four of the Longhorns' five offensive linemen are returning starters.

Texas looks to be solid on defense as well. Three of four starters return to a talented defensive backfield, including Joey Ellis, an All-American candidate.

The unit is dominated by youth, as all

Please see Texas/Page 6

DOUGLAS JEWELERS



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A&M at a Glance

Schedule

Sept. 3 at LSU
Sept. 10 Oklahoma
Sept. 24 Southern Miss.
Oct. 1 Texas Tech
Oct. 8 at Houston
Oct. 15 Baylor
Oct. 22 Rice
Oct. 29 at SMU
Nov. 5 at Texas
Nov. 12 at Louisville
Nov. 19 Texas Christian

Quick Facts

Coach: R.C. Slocum
Nickname: Aggies
1993 Record: 10-2
Home Stadium: Kyle Field (70,210 cap.)
Site: College Station
Enrollment: 42,000
Colors: Maroon and White
Last SWC title won: 1993

Players to watch

RB Rodney Thomas: Thomas was four yards short of the 1,000 yard mark in 1993. Thomas is a leading candidate for the Doak Walker Award.
QB Corey Pullig: Pullig is the SWC's leading returner in quarterback efficiency. In 1993, Pullig went 114 of 243 for 1,732 yards.
OLB Antonio Armstrong: In 1993, Armstrong had 73 tackles, six quarterback pressures and 8 1/2 sacks.

Key Losses

DE Sam Adams, LB Jason Atkinson, C Chris Dausin, DE Eric England, CB Aaron Glenn, WR Tony Harrison, OG Tyler Harrison, TB Greg Hill, OT Jason Matthews, TE Greg Schorp, LB Steve Solari, NG Lance Teichelman, K Terry Venetoulias, OT Dexter Wesley

Two-deep Chart

Offense	Defense
SE Kevin Beirne LT Tim Vordenbaumen LG Jeff Jones C Mike Cody RG Brandon Ward RT John Richard TE Robert Danklefs FB Clif Groce	RE Larry Jackson NG Marcus Heard LE Eddie Jasper OLB Brandon Mitchell SS James McKeahan ILB Hayward Clay RCB Ray Mickens LCB Andre Williams SS Billy Mitchell MLB Donovan Greer FS Steve Kenney P Junior White K Chris Colon Reggie Brown
QB Sam Adams, LB Jason Atkinson, C Chris Dausin, DE Eric England, CB Aaron Glenn, WR Tony Harrison, OG Tyler Harrison, TB Greg Hill, OT Jason Matthews, TE Greg Schorp, LB Steve Solari, NG Lance Teichelman, K Terry Venetoulias	NT Leeland McElroy FL Brian Mitchell K Kyle Bryant Manoli Venetoulias
TE Detron Smith TB Rodney Thomas FL Brian Mitchell K Kyle Bryant	SS Rodney Thomas ILB Hunter Goodwin WLB James McKeahan RBL Clif Groce RBC Ray Mickens RDB Andre Williams MLB Billy Mitchell SS Donovan Greer LBC Leeland McElroy FS Steve Kenney P Junior White K Chris Colon Reggie Brown
IB Alton Crain FB Todd Walker	WLB Bo Adams RBL Johnson Joseph RBC Field Scovell RDB Jayson Lavender MLB Sone Cavazos LBC Tony Darden FS Matt DuBuc P LaShon Earnest
K Jon Davis	WLB Bo Adams RBL Johnson Joseph RBC Field Scovell RDB Jayson Lavender MLB Sone Cavazos LBC Tony Darden FS Matt DuBuc P LaShon Earnest

Returning Starters: 4
Returning Lettermen: 23

Returning Starters: 5
Returning Lettermen: 20

Texas at a Glance

Schedule

Sept. 3 at Pittsburgh
Sept. 10 Louisville
Sept. 24 at TCU
Oct. 1 Colorado
Oct. 8 Oklahoma (at Dallas)
Oct. 15 at Rice
Oct. 22 SMU
Oct. 29 at Texas Tech
Nov. 5 Texas A&M
Nov. 12 Houston
Nov. 24 at Baylor

Quick Facts

Coach: John Mackovic
Nickname: Longhorns
1993 Record: 5-5-1
Home Stadium: Memorial Stadium (77,809 cap.)
Site: Austin
Enrollment: 50,000
Colors: Burnt Orange and White
Last SWC title won: 1990

Players to watch

QB Shea Morenz: Thomas led the Red Raiders in 1993 with 117 tackles, 64 of which were unassisted. Thomas is a candidate for All-American honors.
FL Mike Adams: Banks was the second leading tackler on the Red Raider defense with 108 tackles. He led Texas Tech with five tackles for a loss and four quarterback sacks.
CB Joey Ellis: Adams led the Red Raiders with four interceptions and tied for team lead with eight passes broken up.

Key Losses

RB Phil Brown, SS Van Malone, OT Troy Reimer, K Scott Szeredy, LB Winfred Tubbs

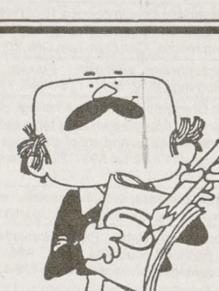
Two-deep Chart

Offense	Defense
TE Scott Ayler LT Ben Kaufman LG Lynn Scherler C Casey Jones RG Robert Rivera RT Ed Hendrix SE Bo Adams	LE Jabbar Thomas DT Jerod Feibiger NT Ben Kaufman RE Lynn Scherler MLB Casey Jones SLB Robert Rivera WLB Ed Hendrix RBL Bo Adams
QB Shea Morenz, SS Van Malone, OT Troy Reimer, K Scott Szeredy, LB Winfred Tubbs	MLB Jeff Wood RBL Chris Whitney WLB Bo Adams RBC Johnson Joseph RDB Field Scovell RDB Jayson Lavender MLB Sone Cavazos LBC Tony Darden FS Matt DuBuc P Jon Davis
IB Alton Crain FB Todd Walker	WLB Bo Adams RBL Johnson Joseph RBC Field Scovell RDB Jayson Lavender MLB Sone Cavazos LBC Tony Darden FS Matt DuBuc P Jon Davis

Returning Starters: 4
Returning Lettermen: 10

Returning Starters: 9
Returning Lettermen: 18

TONIGHT	THURSDAY
NICKEL NIGHT	Live music with A&M's Hottest new band Head West
5¢ Bar Drinks 5¢ Draft 8-10 p.m.	\$1.00 Chuggers 75¢ Bar Drinks 8-10 p.m.
Sing-A-Long	SATURDAY
	\$1.50 Pitchers 75¢ Bar Drinks 8-10 p.m.



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