

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 amenities 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 Nutritional analysis 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.

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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.

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"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 completely 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 1,732 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.

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A&M at a Glance

Schedule	Players to watch	Two-deep Chart	
Sept. 3 at LSU	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.	Offense	Defense
Sept. 10 Oklahoma	QB Corey Pullig: Pullig is the SWC's leading returner in quarterback efficiency. In 1993, Pullig went 114 of 243 for 1,732 yards.	SE Kevin Beirne	RE Larry Jackson
Sept. 24 Southern Miss.	OLB Antonio Armstrong: In 1993, Armstrong had 73 tackles, six quarterback pressures and 8 1/2 sacks.	Chris Sanders	Brad Crowley
Oct. 1 Texas Tech	Key Losses	LT Tim Vordenbaumen	NG Marcus Heard
Oct. 8 at Houston	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 Venetoulis, OT Dexter Wesley	Jeff Jones	Eddie Jasper
Oct. 15 Baylor		LG Mike Cody	LE Brandon Mitchell
Oct. 22 Rice		James Brooks	David Maxwell
Oct. 29 at SMU		Calvin Collins	Antonio Armstrong
Nov. 5 at Texas		Brandon Ward	Keith Mitchell
Nov. 12 at Louisville		John Richard	Reggie Graham
Nov. 19 Texas Christian		Robert Danklefs	Jason Andrus
		Hunter Goodwin	Larry Walker II
		Chris Ruhman	Chris Colton
		James McKeethan	Reggie Brown
		Hayward Clay	
		Cliff Groce	RCB Ray Mickens
		Detron Smith	Andre Williams
		Corey Pullig	Billy Mitchell
		Steve Emerson	Donovan Greer
		Rodney Thomas	Michael Hendricks
		Leeland McElroy	Steve Kenney
		Brian Mitchell	Junior White
		Gene Lowery	Dennis Allen
		Kyle Bryant	Bill Johnston
		Manoli Venetoulis	James Bennett
		Returning Starters: 4	Returning Starters: 5
		Returning Lettermen: 23	Returning Lettermen: 20

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, but 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 mark 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 Brockermeier, 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

Texas at a Glance

Schedule	Players to watch	Two-deep Chart	
Sept. 3 at Pittsburgh	QB Shea Morenz: Thomas led the Red Raiders in 1993 with 117 tackles, 64 of which were unassisted. Thomas is a candidate for All-America honors.	Offense	Defense
Sept. 10 Louisville	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.	TE Scott Aylor	LE Jabbar Thomas
Sept. 24 at TCU	CB Joey Ellis: Adams led the Red Raiders with four interceptions and tied for team lead with eight passes broken up.	Ben Kaufman	DT Stephen Gaines
Oct. 1 Colorado		Lynn Scherler	Cody McGuire
Oct. 8 Oklahoma (at Dallas)		Casey Jones	Tyrone Brooks
Oct. 15 at Rice		Robert Rivera	Chris Ori
Oct. 22 SMU		Scott Fitzgerald	Byron Wright
Oct. 29 at Texas Tech		Jay Pugh	Tony Daniels
Nov. 5 Texas A&M		Ed Hendrix	Dee Foster
Nov. 12 Houston		Shane Dunn	Anthony Armour
Nov. 24 at Baylor		Jeff Wood	Zach Thomas
		Chris Whitney	Donnie Taylor
		Bo Adams	Shawn Banks
		Johnson Joseph	Eric Butler
		Field Scovell	Robert Johnson
		Jayson Lavender	Marcus Coleman
		Sone Cavazos	Shawn Hurd
		Tony Darden	Verone McKinley
		Alton Crain	Cat Adams
		Matt DuBuc	George Ramsey
		Todd Walker	Dewayne Bryant
		LaShon Earnest	Bart Thomas
		Jon Davis	Brad Cade
		Returning Starters: 4	Returning Starters: 9
		Returning Lettermen: 10	Returning Lettermen: 18

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