

Las Vegas Fitness Guru To The Stars



As a teen, Barry Chaplik was a nationally ranked racquetball player, which allowed him to visit Health and Fitness clubs around the country, giving him tremendous knowledge of clubs and spas.

After years of working in Chicago, Miami, and Las Vegas, all in health and fitness centers, Barry became the Assistant Director of the Desert Inn Spa. He left the Desert Inn to accept a position at the Golden Nugget and eventually became the Spa Director. After leaving the Golden Nugget he decided to go into his own business of personal fitness training, which is known as CALL IT CLASS. Barry is presently training many people throughout the Las Vegas area.

It used to be that having a personal exercise trainer meant instant status - at least in Los

Angeles and New York City. For most of these people, trainers have since been graduated from a passing fancy to an increasingly vital component of their client's support system. Those who are fitness-conscious and can afford a trainer's fees - anywhere from \$30 to \$200 an hour - willingly give their trainer complete control of their exercise program. In return they are guaranteed to receive a concentrated and personally tailored workout that gives maximal cosmetic and health benefits. With their professional expertise, trainers, not their clients, decide what form the workout should take; to help ensure that the program encompasses all the requirements for good health, including cardiovascular conditioning, strength, safety, flexibility, and at least the basics of good nutrition.

Fitness starts at home and that's why they provide blood pressure and heart rate monitoring, mats, weights, custom designed music, towels, fresh squeezed juices and much more. All brought to your home; office or their new fitness studio. CALL IT CLASS service is available seven days a week.

Exercise must become part of one's daily routine, just like eating or sleeping. Having your own personal trainer saves you the hassle of motivating yourself to workout, traveling to a gym, getting undressed and dressed, dealing with the crowds on the equipment or in a class, and finally having to reverse the entire procedure just to get home.

For individuals who cannot afford to have their own personal trainer, but still want to get the benefits of working out at home, CALL IT CLASS is still the answer for all your home gym equipment needs. Their CLASSROOM division sells,

delivers, installs, and teaches you how to use your home exercise equipment. Prices range from as low as \$35, all the way up to \$10,000 or more for sophisticated equipment. Remember, the cost of the equipment is not the important factor in conditioning, dedication to a healthier life is!

CLASSROOMS also offers the finest in creative designing of customized workout and relaxation facilities, utilizing existing space or constructing a new room addition.

CALL IT CLASS provides all of its services to the home or office. The philosophy of CALL IT CLASS is pure and simple. People would rather exercise in the comfortable privacy of their own home. Only CALL IT CLASS can provide FIRST CLASS FITNESS combined with FIRST CLASS SERVICE individually tailored to attain all of your fitness goals.

Auditions now open to men and women ages 18 to 35 for "Talent Discovery Show"...Art, Fashion, Vocal, Dance, Drama, Musical Instruments, Novelty Acts, Comedy Eligible Talents. Call 798-6867 for registration.

The S.T.A.R. Auxillary of the Helen J. Stewart School is having its Rummage Sale on the parking lot of the Helen J. Stewart School on Saturday, February 7th, 9:00 A.M. - 4:00 P.M.

PLEASE NOTE -- New Date for Kevin McCarthy in "Give 'Em Hell Harry!" (Originally scheduled for January 31st) has been changed to Friday, February 13 at 8:00 P.M. at Charleston Heights Arts Center.

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For Information, call **Dr. T. Lubin—384-4500**
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