

The old gym goes dark and life won't be the same

The gym with the leaky roof and faulty air conditioning was shutting its doors. Not exactly a shocker, but still, this was it, the last day.

Everyone had on a long face and spoke in a whispered hush in the weight room, the spin room, on every elliptical trainer and treadmill. The gym had the feel of a funeral home. All that was missing was a big spray of gladiolus.

Even the magazines on the reading stand drooped their covers in mourning: Good Housekeeping, Elle, Ebony, Self, Running, Poker, Golf and Arthritis Today.

Closing the gym was like watching a chunk of community be chiseled away and drift toward the sea. The gym had been part of the landscape for more than 20 years.

It was a place where business deals were sealed on racquetball courts and white-haired men came early in the morning to exchange news, sit at a table and read the paper. It was a gym where everyone said hello.

It was a gym where, at one time, racquetball players could have a cold pitcher of beer and bowl of popcorn on the bench outside the court, waiting for them when the game was over.

It was a place where people shared their lives separated shoulders, broken elbows, foot injuries, knee injuries and "I'll pass your daughter's resume along to a friend."

It was even a gym where you could be fat. One of the trainers might take a friendly swipe in the newsletter, writing, "I can't believe how long some of you have been coming to this gym and your body shape hasn't changed a bit," but never with malice.

You could be 20 pounds overweight, join a Zumba class and have a good time.

A slug of new franchise gyms with helium balloons and membership specials now ring the neighborhood. The one I visited had big television screens hanging from the ceiling, blasting music videos. Each cardio machine has an HDTV attached to it, the kind with the wide screen that makes everyone on "The Today Show" look like a pudgy little troll.

They dress up at the big box gyms workout pants with colored stripes down the legs and matching spandex tops. The consultant says if I join there are 300 other gyms in the chain nationwide that I can go to. Why would I want to drive cross country to go to the gym? I liked going two blocks from home.

I can be a platinum, gold or silver member at the new gym. What kind of member did I want to be? Lethargic. That's the type of member I want to be. The type that comes and goes when she wants. The kind that can come with bed hair at 6 a.m., look like a slouch, and mix with others who slouch.

The old gym still has the sign up, but the parking lot is empty. As I was leaving that last day, one of the cardio rooms suddenly went dark. A woman on a treadmill yelled, "Hey, turn the lights back on!"

You said it, sister.

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Provisions of artillery shells have Taken away, because the military depot there can be no such shells supply (when there are four base Pojia Dan and grenades, a total of 2400) training Fangbao war in the team.

Infantry Division compiled at the beginning of the war of resistance, the military has compiled in 1930 the division, the division of the army in 1932, 1933 Chaofei division establishment, the tutor of 1935, finishing the preparation of the division, in 1936, such as adjustment of the six divisions. He Yingqin to modern warfare on the requirements and equipment of the possible, and adjust the purposes of easy dollars, proposed to A, B reunification of the two:

(A) of the preparation, to be adopted in 1936 adjusted the preparation of the division, where adjustment of the division are used. With the nature of the standing division.

(B) the kind of establishment, to be adopted in 1935 finishing the preparation of the division, where both finishing with the division. The nature reserve with a pre-division. (000 Fangcheng - 88 of 262 Division 1 college 524 Brigade camp even a second lieutenant platoon leader, company commander)

88 divisions into

2 Mission 2 infantry brigades of the three infantry battalions three infantry companies three infantry platoon nine light machine guns in each row of 48 three classes with 14 heavy machine guns ranked 3 in each row two mortar with a total of six howitzers even mortar August 2 Communication with Te Wulian 2 added Mission howitzer artillery battalion Lien Fang Pao even anti-aircraft artillery barracks communication with the safety re barracks barracks spies Camp (1937 - Battle of Shanghai) 88 Division 1 college 524 business battalion commander Yang Address:

First even the first and second row has come to wait for the third row.

About the Author

From www.tallahassee.com:

Selling a mint condition elliptical. It is called Pro Form 650 Cross Trainer. Used only a handful of times, hence the good shape.

The elliptical cross trainer is fast becoming the number one choice for consumers who want a great cardiovascular workout, low impact to joints.

This article will attempt to describe exactly what an elliptical cross trainer is. An elliptical cross trainer is similar to a treadmill.

Unbiased elliptical trainer reviews of the most popular brands and models. can make an informed choice about the best cross trainer.

Home Treadmill, Folding Treadmill, Commercial Treadmill, Elliptical Cross Trainer, Studio Cycle, Upright Exercise Bike, Recumbent.

Elliptical cross trainer outdoor fitness equipment, fitness, China outdoor fitness equipment, China fitness, outdoor fitness.

Source: <http://productsherbal.com>