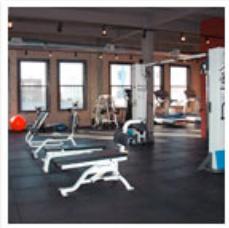




January 9, 2008

Get a Grip

Grip Fitness



You give the word *dumbbell* a whole new meaning.

So pumping iron isn't on your list of strengths.

Befriend Barbara Queen of Grip Fitness. With more than fifteen years' experience, Queen's no amateur. In her spanking new

space, she'll conduct structural assessments (target areas of pain on movement screens), discuss goals, and design a strength program just for you.

In the sessions that follow, she'll help you build strength, flexibility, and the independence to manage the workouts on your own.

Impossible! you say. Nope. Queen snaps pics and videotapes you while you lift, stretch, squat, and press, so you can see firsthand how your bod moves.

The facilities are top-of-the-line, from the machines to the locker rooms (you'll never want to shower at home again).

What are you weighting for?

Grip Fitness, 650 West Lake Street, at Des Plaines Street, Suite 400 (312-474-7348 or gripfitness.com).