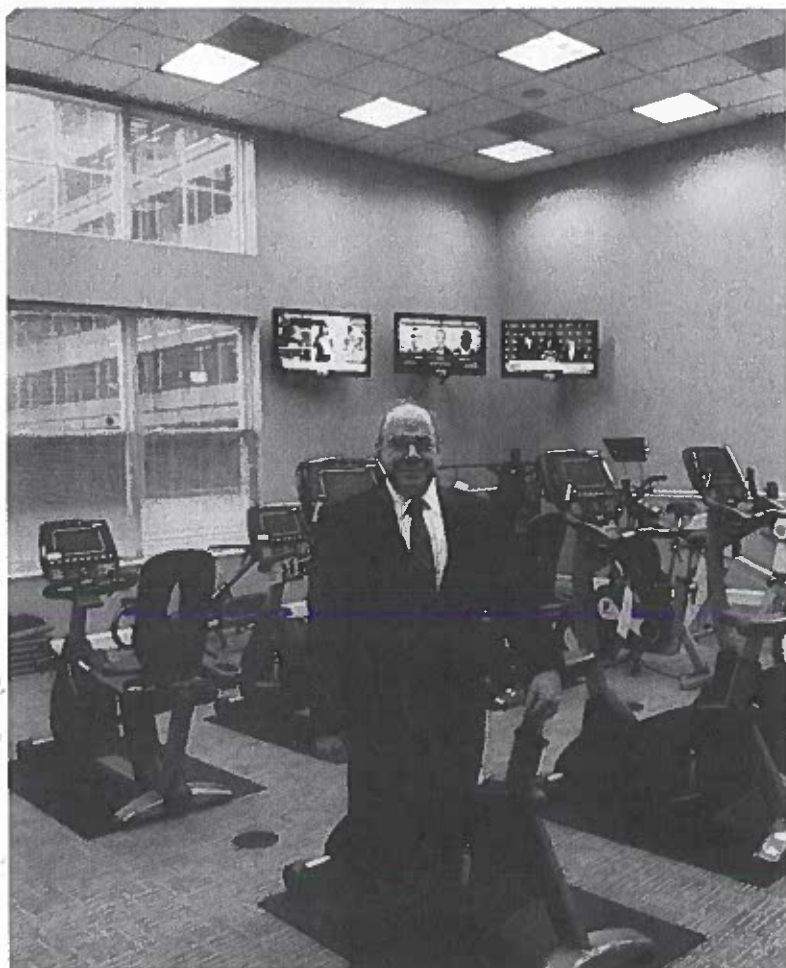


RAISING MY WORKOUTS TO THE NEXT LEVEL AT THE NEW FITNESS CENTER

By Larry Ebner, *Member of The University Club and Athletic Facilities*



What a thrill it was on December 10 to be one of the first University Club members to use the newly remodeled Fitness Center! The “old” one was great, but the total renovation—literally from floor to ceiling, and all of the high-tech aerobic and weight-lifting equipment in between—truly elevates the Fitness Center to the next level.

While I am excited to try out as much of the new, computerized, state-of-the-art equipment as I can, I will not have to figure out how to use it on my own. Instead, Fitness Center Manager, Greg Raleigh, will be there at my side. In fact, Greg has been training me—three workout sessions per week—at the University Club for well over 20 years! Greg is much more than my trainer; we are special friends and has kept me motivated to stay physically fit all these years.

I joined the Club in 1980 and now have achieved emeritus member status. The Club means many different things to different people. To me, the Club is a warm, welcoming place that provides a fun and healthful respite from my daily professional activities as an appellate lawyer, who is in his fifth decade

of legal practice, most recently at my own firm, Capital Appellate Advocacy PLLC. I usually work out between 12 noon and 1 pm and eat a nutritious salad at my desk afterwards. For me, controlling my weight always has been a challenge. But as Greg says, imagine how much I would weigh (and how I would look) if I did not work out.

Now, with Greg’s expert assistance, I look forward to developing a workout routine on the new equipment. Some of it may still need a little “breaking in,” but I am happy to do it along with the many other noon-time regulars at the Fitness Center.

