

Business

3 new members join core staff at Nautilus Fitness Center

GAYLORD — Gary Stempien is pleased to announce the addition of three new members to his core management team:

- **Bryan Pazdzierz**, a nationally ranked body-builder and sixth degree black belt master, owner of a chain of karate schools, and manager of a cadre of cage fighters, one of whom just won the national title.

- **Bryan Viger**, the vice president of Chrysler Corporation and Brand Manager of Dodge Vehicles and Director of Dodge Motorsports Program and the NASCAR Racing Team.

- **Dr. Timothy Hord** of Gaylord, who recently turned his dental practice over to Dr. Daniel Moylan, and also co-founded Bayshore Dental Management/Transitions along with Charles Nelson (Nelson Funeral Home), which led the State of Michigan in consulting and practice sales.

Recent press releases by CMS International, have termed the GS 20 Workout and management system the "missing link to health club success," and further states that the innovations by Stempien and his team should "revolutionize the fitness industry."

"We are in the process of signing a major franchise and will implement the pilot program in south-east Michigan within the next few months," Viger said.

Hord has been asked "how does a dentist fit into this?" He responded, "Whether you provide dental care or fitness, the principles and systems that we developed at Bay Shore can be applied universally to any business model because it's fundamentally based on taking care of people and facilitating clients reaching their goals. The only thing that changes is applicable information and technology. We now have a way to achieve this in the fitness club setting."



The GS 20 business/marketing team includes (l-r) Bryan Pazdzierz, Bryan Viger, Dr. Timothy Hord and Gary Stempien.

GS 20 Workout going global

GAYLORD — Gary Stempien, owner of Nautilus Fitness Systems, 1140 Gornick Ave., Gaylord, is in the final stages of development of a computer-based fitness club management system which will be marketed to health clubs not only nationally but internationally.

Stempien's workout protocol, the GS 20 Workout, has been endorsed by Rich Gaspari, former world class body builder and CEO of Gaspari Nutrition who is the leading nutrition supplement supplier to GNC outlets; Dr. Wayne Westcott

author of many research books on fitness and considered a fitness research guru; and Mike Chaet of CMS International, who consults with 2,500 fitness clubs internationally.

The GS 20 Workout, 28 years in development and based on fitness science, utilizes the principles of "hit," high intensity training and is currently used by 37 percent of NFL teams as well as countless college athletic programs.

Stempien, a fitness black belt master and sparring grand champion, a protégé of Arthur Jones, founder of Nautilus and

Med-X Sports Equipment, explains that the major reason for such a low retention rate of fitness club clients is due to lack of results and lack of personal interaction with staff. The technology being developed by Stempien integrates not only his workout system but forces staff/client interaction and allows clients to track progress while being supervised by personal trainers.

In addition, nutritional counseling, sports education and professional monitoring are intertwined into a complete fitness management system which advisors report will be in-

corporated into all major metropolitan areas within 2 to 3 years.

Stempien said currently personal trainers are used 2 percent of the time in health clubs, which means 98 percent of clients are largely unsupervised and fail to reach their fitness goals. The new computer-based system will change the fundamental way trainers interact with clients so that health clubs utilize their trainers 100 percent of the time without significant cost to existing clients.

For more information, call 732-5820 or visit www.gs20expressworkout.com.

Music, entertainment

Entertainment & More

- **Timothy's Pub**, Gaylord, features karaoke Fridays, 9:30 p.m.-1:30 a.m. Saturday is dancing with DJ, 9:30 p.m.-close, call 732-9333.

- **Ugly Bar and Grill**, Old 27 North, Vanderbilt, hosts free pool Tuesdays, 8 p.m. Ladies' Night Wednesdays, 8 p.m. Open Mic Night Thursdays, 8 p.m.-1 a.m., with host Chris Young. Call 983-2279.

- **Redwood Steak House**, Lewiston, has karaoke every Wednesday at 8 p.m. **Friday** features entertainment by **Total Control Karaoke**. **Frank Evarhart, Key West Comedy Magician** will magically reappear **Feb. 19**. Call 786-4600.

- **Railside Bar and Grill**, Elmira, has karaoke Friday nights. **Raging Moon** performs today (Saturday). Sunday is open pool, all day. Call 231-546-3248.

- **Stampede Saloon**, 3885 Old 27 South, Gaylord, is "sports central" with a 12-foot screen. Ladies' Nite is Tuesday. Men's Nite is Wednesday. **Weekend Warriors** will perform today (Saturday). Call 705-7100.

- **The Keg Bar & Grille**, Waters, features free pool Monday; pool tournament Tuesday nights; "My Trivia Live" Thursdays, 7:30 p.m.; Saturdays feature live entertainment. Call 732-4378.

- **Short's Brewery**, Bellaire,

has live entertainment **Nik James** today (Saturday), 7:30 p.m. and **Younce Guitar Duo** Feb. 19, 7:30 p.m. **Macpodz** will perform Feb. 20. Short's also has couples' dancing every Monday, 7 p.m., and open mic every Tuesday, 8 p.m. Call 231-533-6622.

- **Nelson Olstrom** will perform at the **Duck Blind Grille** Sunday, 6-10:30 p.m. located at **Otsego Club and Resort**.

- **BJ's**, Gaylord, features live entertainment Saturday, 9 p.m. to 1 a.m., with **Galactic Sherpas**, funk/fusion/jam, and back by popular demand, **Rawhide**, Feb. 19 and 20. You call it \$2 drink specials, 9-10 p.m. For

more information, call 732-4010.

- **Biggy Coffee**, 1004 W. Main St., Gaylord, has "open mic" every Wednesday, 6-9 p.m. Call 732-9809.

- **Gaylord Area Council for the Arts (GACA)** has "Storytellers" readings, the fourth Friday of each month, 6 p.m., at Saturn Booksellers, 133 W. Main St., Gaylord. Call 732-3242.

- **A Sunday Singles Dance** is held every Sunday, 7-11 p.m., at the at the **Goodyear Lanes and Lounge** located on Old 27, Houghton Lake. \$7 admission. Call 539-5406.

- **Line dancing** is held every Thursday at the **Gaylord Bowling Center**, beginners at 6:30-7 p.m. and advanced 7-9 p.m. Call 732-4878.

Younger generation

- **Northland Sportsmen's Club's annual Youth Ice Fishing Derby** takes place today (Saturday), 9 a.m.-noon, on the ice out from Otsego Lake State Park on Old 27 South, Gaylord. Event is free to attend but a state park permit is required to enter the park by car. Registration begins at 9 a.m. and fishing runs until noon. Bait, fishing holes and some fishing equipment will be provided; those with equipment are encouraged to bring it. Hot chocolate also provided in the heated registration tent. NSC members will be on the ice to provide help and fishing tips. Anglers usually catch lots of perch and the occasional large pike.

- **Grand Traverse Conservation District (GTCD)**, 1450 Cass Road, Traverse City, presents **Family Snowshoe Hike**. All ages are welcome to come and explore the trails of the **Natural Education Reserve** on this family adventure. Cost is \$5 for children and adults with half priced snowshoe rentals at **Brick Wheels** or **GT Cycle** for those who participate in the event.

- **PEEPERS: Active Animals of the Winter** on Tuesday 10:00 a.m.-11:30a.m. Preschoolers (ages 3-5) and their Parents are encouraged to attend this fun and educational program. Preschoolers will explore seasonal nature themes with experienced early childhood educators and naturalists. Indoor and

outdoor activities will be held so please dress for the weather. Cost is \$3 per child. **Searching for Sheds** Feb. 20, 10:30-11:30 a.m. Recommended for adults and teens. Every year Northern Michigan bucks cast-off their antlers over the winter months. No longer of value to the previous owner, these "sheds" are a great find for someone taking a hike. But the color of snow and antlers are nearly identical, making the possibility of stumbling across one slim. Come learn when, where and how to give yourself the best chance to find these elusive bones. For more information call 231-941-0960.

- **A free boaters safety class** will be held Feb. 27, 9 a.m.-3:30 p.m., at Livingston Township Hall, 3218 Old 27 North, Gaylord. Students must preregister by calling Vic Ouellette, 731-1906. Sponsored by Michigan Hunters Safety Education Instructor Association, Eagle 101.5, Otsego Wildlife Legacy Society and 45th Parallel Gobblers.

- **The Otsego County Sportsplex** will have open swim today (Saturday) 3:30 p.m.-5:30 p.m. and Sunday, 1:30-3:30 p.m. and 4-6 p.m. The small pool is open Sunday, noon-1:30 p.m., during lap swim. There will be no open skate Saturday or Sunday during OCHA Mites Tournament. For more information, call 731-3546 or visit www.ocsportsplex.com.

Community events

- **Hasty's Maul**, the inaugural **Chris Hasty Memorial Snowmobile Benefit Ride**, will take place today (Saturday). Registration will be at Total Powersports, 10:30 a.m.-12:30 p.m.

The ride will be about 3 1/2 hours long and will go from Total Powersports to the Green Lantern, the Hide Away, the Swamp II and Keg Bar & Grille. A spaghetti dinner will be held at the Keg at the end of the ride, cost for dinner is a \$5 donation. Cost to ride is \$15 per person and proceeds go to the Georgia Hasty college fund. For information, to register or to order a Hasty's Haul T-shirt, call the shop at 705-8260; or e-mail johncherwinski@yahoo.com.

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- **Grass River Natural Area Flower Sale at the Elk Rapids Chamber of Commerce**. Visit www.grassriver.org to view a copy of the catalog and to place orders in order form. Deadline to place orders is Friday, Feb. 19, and orders will be available for pick up on Saturday, May 29. Contact the GRNA office at 231-533-8314 with questions. Generous support of the flower sale helps Grass River Natural Area provide educational programs for children and adults, preserve land and streams, maintain trail signs and boardwalks, offer school visits and provide year-round community events.
- **Kiwanis Snowmobile Fun**

Run will start at the **Northland Sportsman's Club** Feb. 20. Registration begins at 10 a.m. and following the event, dinner will be held from 5 p.m.-7 p.m. with a prize drawing at 6 p.m. Cost is \$10 for driver, \$5 for passenger and \$6 for dinner only. Cars are welcomed to join in the festivities. Call for more information or to RSVP: Lynn Kellner, 989-350-1775 or Pat Cohorst, 989-350-3511.

- **Garland Lodge and Resort** has turned on its first-ever "Light Up the North" seasonal light show that features more than 189 lighted displays, two-thirds of which are animated to music. Visitors to the resort can either drive through the lighted pathway or reserve a horse-drawn sleigh. Admission to the light show is \$13 per car. Coupons for \$3 off will be available through various media partners. Lodging packages will start at \$55 per person plus taxes and resort fees. For more information visit www.garlandusa.com or call 786-2211. Runs through March 31.
- The **Northland Sportsmen's Club**, 1542 Old Alba Road, just off North Otsego Lake Drive, Gaylord, will be serving an **all-you-can-eat breakfast** of pancakes, French toast, eggs, sausage and choice of beverages on Sunday mornings, 8 a.m. to noon through March 28. Cost is \$6 for adults, \$4 for children 4 to 12 and free for children 3 and under.
- **Ancient Order of Hibernians** will be sponsoring a **St. Patrick's Day Celebration** March 6 beginning at 7 p.m. Tickets are \$10 per person and are available at Saturn Booksellers, Musik Haus, Glen's Market or from any Ancient Order of Hibernians member. Live entertainment from Jerry Belanger and Doug Berkshire along with the Irish Dance Club of Lansing. Irish and Scottish gifts also will be for sale. For more information contact, Jerry Curran at 939-8041.

Exhibitions, classes

- A complimentary **snowmobile safety class** will be held today (Saturday), 8:30 a.m.-4:30 p.m., at the Grayling Fire Department, 1041 City Blvd. Class will be taught by Crawford County Sheriff's Deputy John Klepadlo. Students must be at least 12 years of age and should bring a bag lunch and drink. Upon successful completion of the class, participants will receive a Michigan Snowmobile Safety School certificate. Class is limited to 40 participants. Registration is required; call Theresa Andrews, 344-3213 Monday-Friday, 6 a.m.-4 p.m., by Friday.
- Free, hands-on **computer classes** will be held at the Otsego County Library in Gaylord. Classes are 90 minutes in length and cover a variety of computer-related topics. Each

class is scheduled at three different times to accommodate everyone's schedules. Anyone may register for one or all of the classes, depending on what they wish to learn. Class sizes are limited, so register soon. Stop in at 700 S. Otsego Ave. or call the library at 732-5841. Next class: **Basic Mouse & Keyboarding Skills**, Tuesday, 6 p.m.-7:30 p.m.; Wednesday, 2 p.m.-3:30 p.m.; and Thursday, 10 a.m.-11:30 a.m.

- **Michigan Hunters Safety Education Instructor Association**, **Eagle 101.5**, **OWLS**, and **45th Gobblers** are sponsoring a **Boaters Safety Class** on Feb. 27 at the Livingston Township Hall in Gaylord from 9 a.m.-3:30 p.m. Preregistration is required. Contact Vic Ouellette at 731-1906 for more information.

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