

Health Center To Open

Grand Opening of the LaLanne/Paris Health Spa and Fitness Center, 23325 Hawthorne Blvd., is scheduled today and Thursday from 7 to 9 p.m. Guest will be welcomed by Irwin Paris, director of The Jack LaLanne Health Spas, and Jack LaLanne.

Special events for the two evenings include guided tours of the facility, a drawing for free charter membership, free diet distribution, and demonstration of equipment. Ribbon cutting will be attended in person by Jack LaLanne, Torrance city officials, and Miss Torrance. LaLanne will speak informally on the new Fitness Center and its contribution to physical fitness.

The public is invited to both events. Refreshments will be served.

Dedicated to "helping people add life to their years and years to their life," the facility offers unique arrangements to aid men and women in their personal program of physical fitness.

A 20x40 Grecian Pool for pleasure and relaxation boasts jade and gold tiles.

For the vigor of cooler temperatures the spa offers an exclusive Scandinavian ice cube "Cold Plunge." Water temperature is maintained at 50 degrees as two Hydro-Swirl Jets give stimulating Hydro-Massage to every part of the body.

For a totally different mood, the Mineral Hydro-Therapy Pool maintains a temperature of 108 degrees plus the stimulating force of 12 Hydro-Swirl Jets and 45 Turbulating Air Jets.

A Finnish Sauna Room maintains penetrating, dry heat at 180 degrees.

Jack LaLanne, internationally famous physical fitness authority, and Irwin Paris, who holds a master's degree in advanced physical conditioning from UCLA, cooperate in the enterprise.

Bids Called on Sepulveda Work

Opening of contract bids for improvement of a section of Sepulveda Boulevard in the Carson area between Broad Street and Wilmington Avenue is set for June 5, Supervisor Burton W. Chace said today.

Plans call for completion of the project in September, reconstructing the existing two-lane roadway to provide a four-lane fully curbed highway within a 100-foot right-of-way.

GRAND OPENING . . . Physical fitness authority Jack LaLanne and his partner, physical therapist Irwin Paris, will be on hand today and Thursday from 7 to 9 p.m. to welcome the public to the new LaLanne/Paris Health Spa and Fitness Center, 23325 Hawthorne Blvd. Guests will tour gym facilities, which include swimming pool, cold plunge, mineral whirl pool, Finnish sauna, and modern exercise equipment. The spa also features Vanity Center for the ladies, where experts will conduct beauty seminars. A free charter membership will be given away at a drawing.

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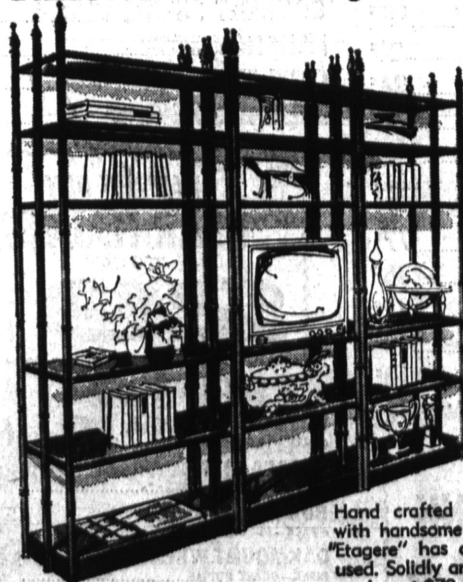
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