

SHAPE UP — A COMPLETE MEN'S & WOMEN'S FITNESS COMPLEX

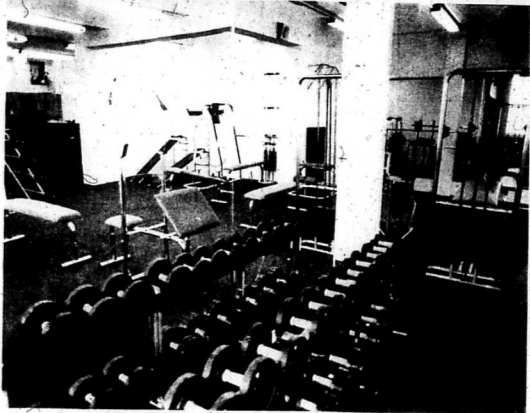
Tone up your body with the Vito-Cycle Exercising Cycle:



Home & Party Catering Division have supplied Vita Cycles for shape-up

Hire one yourself or a Row Rider and Tone yourself up.

PHONE 79134 NP



OPENS SATURDAY, CORNER DEVON & EGMONT STS, NEW PLYMOUTH.

IT'S MUSIC TO YOUR EARS AT SHAPE UP.

We've helped create the unique atmosphere at Shape Up's fitness complex by expertly installing a quality sound system. Music and work always go hand in hand and this is perfectly complemented at Shape Up. Whether it is sound systems, Hi-Fi stereo equipment or TV, you require, we've got a quality range to suit you.

Call in now and see the experts at —

QUINN'S RADIO (N.P.) LTD.
127 Gill St, New Plymouth, Ph 83758

Our compliments to SHAPE UP and their new fitness complex above us in the old AMP building.

After a good work out, why not get yourself down to our cafe or restaurant and complement great exercise with great, nutritional food and drink.

SPECIALISED DELICATESSEN — COFFEE LOUNGE — ICE CREAM PARLOUR — PIZZERIA, EUROPEAN CHEESE SPECIALISTS, DOWNSTAIRS RESTAURANT FEATURING ITALIAN AND MEDITERRANEAN DISHES.

LICENSED B.Y.O.
The Black Olive
AMP BUILDING, CORNER DEVON & EGMONT STS, NEW PLYMOUTH, PHONE 79017

Sit in a Cambio Chair and you're ready to stand up to the day

Correct back support with personal height and rake adjustment

Fabric of your own choice

Waterfall, foot rest, pressure on thighs

Highly comfortable seat

Instant, automatic height adjustment for proper seating

Rounded chrome surface protects footrest

Dual wheel castors for all surface mobility

Yesterday, the need. Today, the superb Cambio Workstation Chair. The ergonomically designed chair, achieving perfect balance between recommended seating comfort and elegant good looks. Sit in a Cambio Workstation chair and you're truly sitting pretty. Congratulations to "Shape-Up" on selecting Cambio Chairs and Stools available only from —

Allens office products limited
Formerly BEECHEY & UNDERWOOD (N.P.)
56 CURRIE ST, NEW PLYMOUTH, BOX 115, PH. 84789

Grand OPENING

of New Plymouth's new MEN'S and WOMEN'S FITNESS COMPLEX —

SHAPE UP

ON SATURDAY, SEPT 18 at 9am

KNOCK OUT OF CONDITION INTO CONDITION, easily and enjoyably

To celebrate our opening the world renowned weightlifter **PRECIOUS MCKENZIE** will be here between 9am and 3pm on Saturday 18th Sept.

Precious, with his incredible ability and credentials in world weightlifting and complete fitness, will gladly offer you personal advice, knowledge or help with any questions or problems you may have. As indeed, we at Shape Up will too.

Call up to the first floor and experience the joy of living life to the full at —

All you businessmen, housewives, sportspeople, etc. you now have the opportunity to shape up and enjoy life to the full with our **INDIVIDUAL FITNESS PROGRAMMES** made for you personally.

MEN'S and WOMEN'S MODERN GYM, SAUNA, STEAM ROOM and SUNTANNING ROOM.

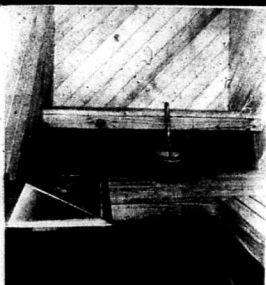
All this in executive and homely comfort, with attractive and pleasant surroundings.

Separate facilities for men and women. Limited membership.

OPEN 9am-9pm WEEKDAYS; 9am-4pm SAT & SUN

Corner Devon & Egmont Sts, New Plymouth. Phone 75161

PRECIOUS MCKENZIE WILL BE AT SHAPE UP'S OPENING SAT, 9AM — 3PM.



CONGRATULATIONS TO SHAPE UP, ON PROVIDING A VERY WORTHWHILE ASSET TO THE COMMUNITY.

After you have looked over the "Gym" and noted the standard of our construction work, you may well be interested in contacting us regarding a unit we have just completed in Govett Avenue, or a house we have under construction in Bromley Place.

FOR FURTHER INFORMATION CONTACT:

DAVE MEULI

REGD MASTER BUILDER
10 WHITBY PLACE, NP.
PHONE 34868

We supplied SHAPE UP . . .



we can supply you!
SAUNA HEATERS

For domestic installations as well as large commercial units.

STEAM GENERATORS

Automatic steam production for your own steam room.

We also supply:

OUTDOOR SWIMMING POOLS • SPA POOLS • ALL POOL EQUIPMENT • TENTS • BARBECUES • CAMPING EQUIPMENT

Consult

THE LEISURE CENTRE LTD

49 Sackville St. FITZROY Phone 89233 NP

TURN ON

ELECTRICITY WITH CONFIDENCE
Leave your design and installation problems to us.

We are responsible for the design and installation of all the electrical wirings at the new Shape Up Complex.

SALES & SERVICE

- Metabo Power Tools
- Flygt Submersible Pumps
- Demag Hoists
- Electric Motors
- Rewinds and Repairs



MOELLER & DURRANT

60-62 Leach St (Opp Hire Centre),
New Plymouth. Phone 79099 NP
Motor Rewinder —
Industrial Electricians



Interior design
Architectural planning
Contract management
from

**TSE GROUP
CONSULTANTS LIMITED**

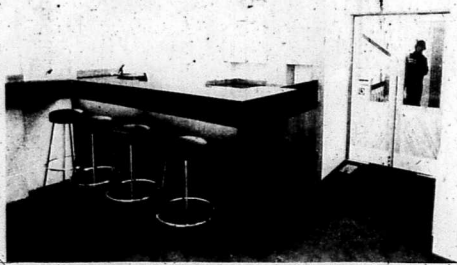
Architects, Engineers,
Surveyors, Town Planners & Valuers

25 Carrington St. NP. Ph 85867. P.O. Box. 237

Congratulations "Shape-Up!"

You've made a fine effort and we look forward to seeing the results on the beach this summer! You can't help but come out a winner, with top-class equipment and the finest of workmanship throughout!

A nice way to be greeted . . .



... This attractive reception area crafted for "Shape-Up" by T.H.D.

T.H.D. have been pleased to assist with all fittings to the attractive reception area.

Whether it's a door you're needing or interior fitting (cupboards, counters, vanity units etc, for a complete joinery service call on the experts at T.H.D.



TARANAKI HUNG DOORS

50 Rimu St, NP. Phone 85068