

I hate nightclubs disguised as gyms

ASK ROCCO
WITH
ROCCO CASTELLANO

As you've read my column for a bit now, you don't have to be Sherlock "friggin" Holmes to realize I don't like many things in an industry I call home. Why do I stay? It's a question I ask myself a million times a day. It's because I have the delusion that I may someday be part of the change that the fitness industry can be. At the moment it's still pretty much a pile of sh*t, but I do see a light at the end of this dark tunnel. If you read my column, take my words and ask questions and don't let the stupid lead you.

With that said, I can't stand nightclubs and pick up joints that masquerade as a gym. I get it – primal groans, sweaty bodies, it's what shitty porn videos are made of. But when I walk into a gym, I really do want to work out. I pay my fees and go to the gym because I'm either traveling or don't have what I need at the house.

When I walk into any "gym" and I smell cologne on a man that is working out, I want to – and most likely will – throw up on him while he's bench pressing. It literally annoys the sh*t out of my nostrils and causes a chain reaction that ends with me emptying my stomach contents. I like cologne and wear several scents, (Versace, Armani) and my wife loves a hard-to-find Lacoste scent, but I wear that when I go out, not when I'm wearing a tank top and shorts and engaging in a workout that will involve ridding my body of salty fluids. It's just plain wrong... so stop it.

Another thing, guys, wear underwear or a jock. As a guy, I don't want to see your junk, ever, on the workout floor. I don't care if your banana is made of gold and should be hung at the Sex Awards hall of fame (pun absolutely intended).

That also goes for the idiotic bike shorts you wear. If there's nothing to imagine, I imagine you're an idiot. I'm really not sure why this is, but it has to stop.

I did some bodybuilding for a minute when I was young, so I get the whole narcissism thing, but no one needs to do a set, look at their tricep, do another set, look at their tricep, do a set of biceps and look at their tricep ... here's a f**king clue Einstein, it doesn't change that much in three sets. It just doesn't.

Your pump is annoying to the rest of us. Knock it off.

I can go on for a little while longer but I am limited to a specific word count. I'll just save it for another column.

Now to the ladies, and I use that word as loosely as you are, when you come to the gym. Now, I am in love with the female anatomy. I love every part of it, from your toes all the way up to your bouncing blonde, brunette or red hair.

Here's the problem, I don't want to see every inch of you when I'm working out. Your ass in a thong, bent over in my face when I'm doing bicep curls is not attractive and not as motivational as one may think. Most of the time I just want to tuck a dollar somewhere and hope you go away.

The cologne thing goes for you too, ladies – breathing in perfume when working out is, again, vomit-producing and makes me want to throw up in your just-bought \$6,000 cleavage. And speaking of cleavage, when you're wearing a sports bra that

whatever piece of cardio equipment you feel like jumping on, and ripping your ear lobe off. It's just not that pretty when you think about it.

Speaking of cardio: wear a sports bra that actually fits and corrals your breasts. Your "Cooper's Tendons" will thank you. No one wants to see your breasts flopping around like dolphins at SeaWorld... no one.

For all of you who believe that the gym is this millennium's version of the nightclub with protein drinks, throw down some Ginkgo Biloba and save what brain cells you have. The stupid antics are just that, and if you don't realize that, read this column over and

over again until it sinks in ... or join match.com.

The views and opinions expressed in Ask Rocco are the views and/or opinions of the author and do not reflect the views and/or opinions of the Dayton City Paper or Dayton City Media and are published strictly for entertainment purposes.



Rocco Castellano is the author of "askROCCO Uncensored v1," a speaker and a controversial fitness personality who has won an Emmy for his fitness training role in MTV's *Made*. For more information, please visit roccocastellano.com.



*James M. Shepler II, DDS &
James M. Shepler III, DDS*

"Loose Dentures?"

"Visit us in the morning and in as little as two hours enjoy lunch on us!"

- Mini implants stabilize your dentures as they gently rest on your gums
- We repair **all** existing denture problems



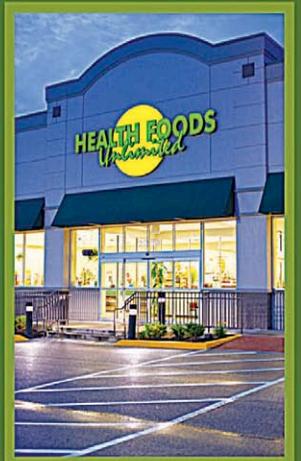
(937) 275-0076

6500 N. Main Street NorthMainDental.com

HEALTH FOODS
Unlimited

The Natural Way of Caring for You

- Natural & Organic Groceries
- Natural Vitamins & Minerals
- Organic Produce
- Homeopathic
- Gluten Free Foods
- Diet Aids & Supplements
- Pet Foods & Products
- Health & Beauty Care
- And Much More...



Store Hours
M-F 10-9 - SAT 10-6 - SUN 12-5
937.433.5100
HealthFoodsUnlimited.com



2250 Miamisburg Centerville Rd.
½ Mile East of Dayton Mall - In the South Towne Centre

All Matters Sexual Relational / Clinical / Legal

Trained at Masters and Johnson Institute



Sexual Health and
Clinical Psychology
No insurance necessary



Dr. Frederick Peterson

937.479.0008 (ask for "Doc Pete") SexualHealthEducators.com