

# **The Adventures of Girls in Rehab**

by R. Keith Smith

**1 act play**  
**5f, 1m**

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## **Cast:**

Anne- (AKA Annie) 50+ trim but out of shape woman stuck in a wheelchair and cast on her leg

Karen - 50+ out of shape woman, best friends with Liz

Liz - 50+ out of shape woman, best friends with Karen

Lorie - 50+ out of shape woman

Tara – A very fit trim perky 20ish girl

Tim – a good looking trainer at the gym

Set in a workout room of a gym.

*(A well light gym, with weights, gym equipment, mats, etc. Sounds of a gym and people working out are in the background)*

**Karen :** *(coming onstage, talking to someone behind her. She is wearing big floppy workout clothes, trying to hide her body)*  
Why are we here again?

**Liz :** *(coming onstage, talking ahead to Karen. She is wearing tight fitting workout clothes that show her body)* Because, Annie needs our help and moral support.

**Karen :** *(looking around)* Moral support I can give at home. Why did I have to come here?

**Liz :** If Annie sees we are willing to go through with this with her, then maybe she'll work at it herself.

**Karen :** I'm not the crip! I'm not the one with the cracked up leg!

**Liz :** All the more reason to come and help out. She needs a lot of help from us.

**Karen :** She needs help from counselling, not a gym. What's going on in her head? Why is she doing these crazy, stupid things?

**Liz :** She wants to enjoy life.

**Karen :** She's trying to kill herself, you mean. She's doing all these weird things, ever since Doug left her.

**Liz :** They're not weird, just adventurous.

**Karen :** They're weird. Somewhere along the line, a screw has come loose, and we're paying for it.

**Liz :** There's nothing wrong with living life to it's fullest, trying out new things, exploring options.

**Karen :** She broke her leg hang gliding, while being towed behind a snowmobile! On a frozen lake! When it was fifteen below!

**Liz :** She wants to experience different things in her life.

**Karen :** Then she should have taken up cooking. Lord knows she could use a few lessons. The girl can't boil water and she destroys toast. It's a good thing the can opener and microwave are her best friends.

**Liz :** Maybe you teach her a thing or two about using a cauldron.

**Karen :** It's a good thing we've been best friends since kindergarten. Otherwise ...

**Liz :** Just stop being so catty. All I'm saying is that Doug was a slug, he didn't do anything, especially around the house, or with Anne. Then all of a sudden, he turns 55, he realizes something is missing in his life, he dumps Annie to explore "an alternative lifestyle". What does that mean, anyway, "an alternative lifestyle"? Is he gay?

**Karen :** I think what he wanted to do was to change his life. Maybe he thought it was too boring. Maybe HE was the one who wanted the grand adventure.

**Liz :** What's he been doing since the divorce?

**Karen :** He moved into a cabin on the side of a mountain. He's living the "clean" life.

**Liz :** Good for him.

**Karen :** He's eating pine bark.

**Liz :** Annie's cooking was killing him, he needed a change from that.

**Karen :** He's living with two girls.

**Liz :** oh.

**Karen :** Together, I don't the girls ages add up to his.

**Liz :** Well, maybe Annie should have kept herself in better shape.

**Karen :** Are you saying the divorce is Annie's fault?

**Liz :** I'm saying that, perhaps, Anne could have tried a little harder to keep the spark alive.

**Karen :** Anne looks good, always did.

**Liz :** But she could look a little frumpy every now and then.

**Karen :** We all do. *(eyes Liz)* Speaking of frumpy, what are you wearing?

**Liz :** Gym clothes, Why? What's wrong with them?

**Karen :** Nothing.

**Liz :** I didn't want to buy new gear until I saw what everyone else is wearing.

**Karen :** Where did you get these?

**Liz :** I had these from college. I still fit into them.

**Karen :** Provided your lungs are big enough to suck in all that spandex.

**Liz :** I will admit, college was a few years ago, but not that long ago. *(hamming it up)* I'm only 29.

**Karen :** You're the same age as me. You're 29 and some months, *(looks Liz up and down)* a lot of months.

**Liz :** Okay, so I'm older than 29. *(looks Karen up and down)* At least I don't try to hide my body. I'm proud of my body. So

what if there's a few bumps and bulges that have been added since college. I'm proud of me, I have nothing to hide.

**Karen :** Well you couldn't hide anything in that plastic wrap.

**Liz :** *(pats her stomach)* I like to think that some of these bulges are a badge of honour. I call these my baby blips.

**Karen :** *(grabs some skin on Liz)* What do you call these? Your pizza blips?

**Liz :** Why are you so mean to me?

**Karen :** I'm sorry, maybe it's that time of the month.

**Liz :** You still get those at your age?

*(Karen looks at Liz, like she's about to hit her)*

**Liz :** Sorry, that was un-called for.

**Karen :** Truce?

**Liz :** Truce.

**Karen :** What's taking them so long?

**Liz :** Anne needs a lot of help. She's in a wheelchair.

**Karen :** Why do we need to be here? I haven't been in a gym since ...  
*(pauses to think about it)* come to think about it, I've never been in a gym.

**Liz :** Annie's cast comes off in two weeks. Anne's doctor was worried that she's out of shape and that re-hab on her leg would be too tough on her. This way, she can ease into it.

**Karen :** She's in a wheelchair! What can she do here?

**Liz :** She can work on her cardio-vascular. That's in terrible shape. Last time she had her blood pressure checked, it was 190 over 120.

**Karen :** That's in stroke territory!

**Liz :** So, we're all here to help her. Besides, I could work on my baby blips, and the pizza blips.

**Karen :** (opens up her pants and looks down) It looks like I have a few broods to deal with myself.

**Liz :** That's the spirit. Good, here they come now.

*(Anne enters in a wheelchair, being pushed by Tara. Anne is in bulky gym clothes and porting a full length cast on her leg. Tara is wearing tight tiny shorts and a tiny top, showing off her body).*

**Karen :** *(Looking at Tara)* I hate her.

**Liz :** No you don't. She's young and hasn't experienced the ravages of time and the world.

**Karen :** I could age her very quickly

**Liz :** Leave her alone. She's a good kid.

**Tara :** Hiye! Sorry we took so long. I was tough getting Annie changed.

**Anne :** I think she was more gentle in the Nazi war camps.

**Tara :** I did my best. That cast very big and heavy. And as soon as I touched it, you screamed in pain.

**Anne :** I was practicing for when I see the physiotherapist.

**Tara :** You scared everyone, and they all gave me dirty looks, like I was sticking needles under your fingernails.

**Anne :** You were hurting me when you put on my track pants over my cast.

**Tara :** *(getting annoyed at Anne)* I'm sorry! I did it the best way I knew how.

**Anne :** *(towards Liz and Karen)* The pair of them, her and Lori, they were swinging me around like a dead chicken.

**Tara :** We were not, stop exaggerating.

**Liz :** What happened?

**Tara :** The lady drama queen here can't get her pants on. So, Lori picks up her leg and I slip off her dress and slip on her sweat pants. She's screaming the whole time.

**Anne :** That's because you were hurting me.

**Tara :** No we weren't, we barely moved you.

**Anne :** If I have to suffer the torture again you two put me through by getting changed, I'm living in these clothes until the cast comes off.

**Tara :** Go ahead. Someone else can help you. I quit.

**Karen :** Where is Lorie?

**Tara :** She's getting changed. She wanted to make sure everybody left first, especially after what Annie put us through.

**Karen :** She's probably getting changed in the toilet stall so nobody would see her.

**Liz :** Here she comes.

**Lorie :** *(enters wearing a bathrobe, sunglasses and a floppy hat)* Hi girls. Sorry I took so long.

**Karen :** What on earth are you wearing?

**Lorie :** I didn't want anybody staring at me. I don't want to show off my body to everyone around.

**Anne :** As if you're incognito. Take that stuff off!

*(Lorie takes off the robe, hat and sunglasses. She has on bulky workout clothes)*

**Anne :** You're not some movie star recovering from her latest face lift. *(pointing to the others)* Miss bulgy thighs here blends in better.

**Karen / Liz :** *(together)* Who are calling bulgy thighs / Who are you to talk.

**Lorie :** I don't feel comfortable with all these people here.

*(off to the side Tara is bouncing around doing warmup exercises )*

**Anne :** Look, we're all out of shape, we're all a little lumpy. *(looks at Tara)* All except for miss perky buns over there.

*(everyone looks at Tara)*

**Karen :** Bitch

**Liz :** Tart

**Lorie :** *(admiringly)* She looks good.

**Karen :** Who's side are you on?

**Liz :** Lorie's right, she does look good. We're just envious.

**Karen :** You're right. I looked like that in high school.

**Liz :** So did I.

**Lorie :** Tara just kept in shape through college. We didn't.

**Anne :** We were too busy working on families, having kids, trying to keep a good job. It all takes its toll. Who had time to go to the gym all the time?

**Karen :** We were busy taking the kids to ballet lessons...

**Liz :** ... to soccer games ...

**Lorie :** ... to piano lessons ...

**Anne :** ... trying to keep a clean and neat house ...

**Karen :** ... cooking nourishing meals ...

**Liz :** ... keeping ahead of the laundry ...

**Lorie :** ... trying to make sure everyone is happy.

*(Anne, Karen, Liz and Lorie pause for moment, then collectively sigh)*

**Anne :** What kills me is that I did all that, AND held down a job ...

**Liz :** ... a good job, an important job.

**Anne :** That's right! I hold a very important job in the company. My house may not be in House Beautiful but everything is in order. I looked after the kids, I still do their laundry when they come home from school. I thought I was looking after Doug and his "needs".

**Lorie :** Don't go there, Anne. You'll just get yourself in a funk.

**Liz :** Too late, she's there already.

**Anne :** And for WHAT?! Just so he can leave me a note saying he wants to explore alternative lifestyles? What did he want me to do? Buy leather underwear and a motorcycle? Or buy a

cabin in the mountains so I can prance around naked with my unshaven armpits?

**Karen :** Anne, I don't think it had much to do with you.

**Liz :** Forget it, she's on a roll.

**Anne :** All that, and at the age of forty something ...

*( Karen, Liz and Lorie collectively cough)*

**Anne :** OK, fifty something, dumped, saddled with kids, alone and to be working with her *(points at Tara)*. I work for fifteen years to get where I am and she waltzes and gets the same position as me!

**Karen :** Bitch.

**Liz :** Tart

**Lorie :** She has her masters in commerce.

**Karen :** When did she get it? Kindergarten?

**Anne :** Oh, I don't blame her, she's actually a good at her job. She actually knows what she's doing.

**Karen :** I just wish she wasn't so perky.

**Liz :** Oh, to be young again.

**Lorie :** We could look like that if we try.

**Karen :** In your dreams.

**Lorie :** We have to work at and stick to it.

**Karen :** There isn't enough time in the century to even come close to that. *(points at Tara)*

**Liz :** C'mon, we're here, lets get started on trying to improve ourselves.,

**Anne :** *(starting to get a little teary eyed)* Maybe if I looked like that, Doug wouldn't have left.

**Karen :** Oh no, don't get started on that path.

**Anne :** Maybe if I had liposuction, a little tuck here and there, maybe I should have put on a little more makeup.

**Karen :** Annie, the guy was a jerk.

**Liz :** He's a guy, you know what they're like.

**Lorie :** No amount of makeup or surgery would have made him stay. He traded a fifty for two twenty five's

*{Anne begins to sob}*

**Karen :** Look what you did! Did you have to remind her she got dumped for the two bimbos.

**Tara :** *(coming back to the group)* What's the matter with her? Is she in pain?

**Karen :** Just the pain Lorie produces.

**Liz :** *(towards Lorie)* Are you brain dead?

**Lorie :** I'm just trying to help.

**Tara :** What did she say?

**Anne :** It's all right. You're right, there was nothing I could have done to save the marriage. Thank god the kids were ready to leave for college. It also helped that he didn't want anything and I got it all, all paid for.

**Karen :** That's the spirit.

**Anne :** I have complete freedom to do what I please.

**Liz :** You earned it.

**Anne :** I get to try out everything.

**Tara :** There's nothing holding you back.

**Anne :** *(starts wailing again)* I get to do it all alone, there's nobody who cares about me. So what if I get to do it all, who cares if I die in the process!

**Lorie :** That's not true! Your kids love you and they care about you. We care about you.

**Tara :** That's right.

**Anne :** *(towards Tara)* Oh what do you know, you're perfect.

**Tara :** That's not true, I have my flaws.

**Anne :** *(pinches Tara's rear-end)* Where?

**Tara :** *(jumps at the pinch)* OW!

**Karen :** Annie, we love you , we're here for you.

**Liz :** You don't have to do whacky things to enjoy life.

**Lorie :** Especially things that might get you killed.

**Anne :** You're right. Thanks girls. I just want to try it all. I want to live, I want to be exhilarated. I want excitement.

**Karen :** You want to do something that causes you to crap your pants.

**Anne :** Yeah!

**Karen :** Annie, you don't have to be reckless, there's many things you can do that are exciting that aren't so dangerous.

**Liz :** Yeah, what was that all about? Hang gliding behind a snowmobile?

**Anne :** Scottie said it would be safe.

**Lorie :** Who's Scottie?

**Liz :** He's some guy she met in a bar one night.

**Lorie :** That's great, drinking then being dragged around a frozen lake by a drunk.

**Anne :** It wasn't like that.

**Karen :** What's next, scuba diving? I got it, how about skydiving. You could do THAT with your drunken friends. They might even give you a parachute. Or maybe naked bungee jumping.

**Liz :** Anne's just trying out new things. I admire her, I wish I could be more like her. When was the last time you did anything adventurous?

**Karen :** My life is full of adventure.

**Liz :** What? Changing mayonnaise brands is not life altering.

**Lorie :** It is, if it adds to her cholesterol levels.

**Karen :** I have more adventures than you think!

**Liz :** The last adventure you tried was to convince us to go to go see those male dancers. You chickened out at the last minute and spent the weekend making it up to your husband because you thought you were cheating on him.

**Lorie :** They were only dancers.

**Liz :** Face it, you're a wuss.

**Lorie :** You couldn't even go out for a night out with the girls.

**Liz :** The only other adventure you had was to go camping with just you and the kids. You had to pitch the tent yourself.

**Lorie :** Such a pioneer woman.

**Liz :** You heard a noise in the middle of the night and spent the rest of the weekend in the Holiday Inn.

**Karen :** Alright! So I'm not much of a camper, the kids enjoyed themselves.

**Liz :** *(singing)* "I am woman, hear me roar..."

**Karen :** What are you doing for adventure?

**Liz :** Me? Bob and I are thinking about buying motorcycles and touring the country.

**Karen :** *(looks at Liz's rear-end)* Are they making them wider these days?

**Liz :** YOU TAKE THAT BACK!

**Anne :** GIRLS! PLEASE! We're in public.

**Liz :** At least it'll be a bike and not a broom like some people I know.

**Anne :** *(winces, grabs her cast)* OW! OW! The Pain!

**Lorie :** What's wrong? Your leg hurt?

**Anne :** No, listening to those two does.

**Karen :** Bitch.

**Liz :** Tart.

**Lorie :** Can you two stop it, please?

**Karen :** Truce?

**Liz :** Truce.

**Lorie :** *(retrieves and opens a bag from her bathrobe)* What are we doing? What are we waiting for? *(pulls out a package, unwraps it and starts eating)*

**Tara :** I'll go see what's keeping the trainer. *(goes off)*

**Anne :** *(to Lorie)* What are you eating?

**Lorie :** *(with mouth full)* Chocolate covered Hoo-Hoos.

**Karen :** Why did you bring them?

**Liz :** We're supposed to be working out, not stuffing our faces.

**Lorie :** I thought we should bulk up before we start to exercise. Besides I need them when I get nervous. You two fighting made me nervous.

**Karen :** We weren't fighting, we always talk like this.

**Liz :** You've known us long enough to know that.

**Lorie :** You always make me nervous, you all do.

**Anne :** Then why do you hang out with us?

**Lorie :** Because you're my friends, you make me feel good.

**Karen :** Giving you an ulcer makes you feel good?

**Lorie :** Not all the time, just when you bicker.

**Liz :** We always bicker, we don't mean anything by it.

**Lorie :** How do you put up with each other?

**Karen :** Because we've been friends for ever.

**Liz :** And because I'm pretty, and ugly people need to hang out with petty people.

*(Karen pinches Liz)*

**Liz :** OW!

**Lorie :** I don't understand it.

**Karen :** We don't either.

**Anne :** *(starts wheeling away)* C'mon, let's go. This whole thing was a dumb idea.

**Karen :** *(grabs the chair and pulls her back)* No it isn't. Your doctor told you that you- are in terrible shape.

**Liz :** You are going to have a long road ahead of you for recovery. And it's better that you start getting in shape now, even if it's only minor exercise.

**Karen :** We all need some toning up.

**Liz :** We have the trainer coming to prescribe an exercise regime for us all, especially you. You're the one that wants to have adventures, how can have them if you're out of shape, puffing and wheezing all the time.

**Karen :** You get winded just going to the fridge. How do you expect to go hang gliding? I mean after your leg gets better.

**Lorie :** We're here to help you in any way we can.

**Karen :** Your doctor is worried about you.

**Liz :** We're worried about you.

**Anne :** OK, I'll give it a try. But if I don't like what I see, I'm outta here.

*(Tara returns with Tim, who I dressed in a tight shirt and shorts, showing off his trim body)*

**Anne :** I'm staying.

**Karen :** Me too.

**Liz :** So am I.

**Lorie :** Whew!

**Tara :** I found him. Girls, this is Tim, our trainer.

**Tim :** Hello ladies, sorry I was taking so long.

**Anne :** That's all right, we don't mind.

**Tim :** I'm glad you all signed up for an entire season, that way I can get you on a program that can show you some progress without killing yourselves trying to get there.

**Karen :** I like that.

**Tim :** Not that it's going to be easy either. I'm going to get you to do some hard work.

*(Lorie pulls out a package of Hoo-Hoos, fondles it, contemplates eating it.)*

**Anne :** Would you quit playing with your Hoo-Hoos.

*(Lorie puts back the package of Hoo-Hoos.)*

**Tim :** *(looks over the papers in a file folder)* I've reviewed your backgrounds and read the reports on your medical backgrounds. Anne, I even contacted your doctor's office to get some more information.

**Anne :** Did they help?

**Tim :** Yes, between them and your physiotherapist, I received quite a bit of information.

**Anne :** How does it look?

**Tim :** Well, I came up with an exercise program for all of you, and one special program for you, Anne.

**Anne :** I'm so privileged!

**Karen :** Where do we start? On the weights?

**Lorie :** How about some aerobics?

**Tim :** I think we need to start a little slower. As I said, I've worked on these plans for all of you, *(looks over at Tara)* except for you. I need you to be the head cheerleader, to lead them along.

**Tara :** You got it boss. You can count on me to push them along.

**Tim :** I've assessed your individual abilities and fitness levels. I feel that taking it slow and easy at the start is the best way for women of your ...

*(all the women, except Tara shoot Tim a look, Tim sees the look and pauses)*

**Tim :** ... level of experience. We'll start off with some simple exercises and then soon we'll be on to heavier work. You need to build up your stamina and muscle strength. You'll find your muscles with react quickly to the exercises and

you'll build up strength. You know, your muscles have memory.

**Anne :** Mine have Alzheimer's.

**Karen :** Mine remember all pizza and ice cream over the years.

**Liz :** Shhhh. Pay attention. He's trying to help us here.

**Tim :** Before we start any exercise, we always have to limber up the muscles, to stretch. *(he faces away from the women, his back towards them)* This is the simplest, basic stretch that does the most good. Now watch me carefully.

*(all the women line up behind Tim)*

**Tim :** You won't be able to go as far as I do.

**Karen :** Liz has always gone pretty far.

**Lorie :** Maybe he can help me go all the way.

**Tim :** But with practice you'll be able to push it.

**Liz :** Karen always pushes too far.

**Tim :** What you want to do is spread you legs apart.

**Anne :** Don't anybody say a word.

**Tim :** The slide your hands down your legs. *(slides hands down his legs)*

*(Tara does them same as Tim)*

**Liz :** Ooo baby!

**Tim :** Go down all the way to touching your toes. *(slides hands down to his toes)*

*(Tara does them same as Tim. All the women now are staring at Tim's rear, heads slightly cocked off to the side)*

**Tim :** And hold it there for a few moments.

*(Lorie falls over)*

**Anne :** *(points at Lorie)* Medic!

*(Tara is completely bent over, legs straight)*

**Karen :** *(looks over at Tara)* Look at her!

**Liz :** *(looks over at Tara)* She has her ankles wrapped around her earlobes.

*(Karen pushes over Tara)*

**Tara :** Hey! Why did you do that?

**Karen :** It was obscene.

**Tara :** It's a normal warm-up exercise!

**Tim :** *(stands)* Alright, Ladies. Your turn. Anne you sit this one out.

**Anne :** With pleasure.

**Tim :** Tara, give them a hand. Alright, spread your legs.

**Anne :** Not one word. I don't want to hear one word out of you.

*(Karen, Liz and Lorie spread their legs)*

**Karen :** I'm keeping my mouth shut.

**Liz :** Why start now?

**Tim :** And slide your hands down your legs.

**Anne :** (to Tim) I can't do mine, can I do yours?

*(Karen, Liz and Lorie slide their hands down their legs)*

**Tim :** Go as far as you can go and hold it there.

*(Karen, Liz and Lorie are now bent over. Tara walks over to Karen and starts pushing on her, bouncing up and down)*

**Karen :** OW! OW! OW! What are you trying to do?

**Tara :** I'm trying to see if you can be obscene, too.

**Tim :** OK, enough for now.

*(Karen, Liz and Lorie stand. Tara walks back, Karen glares at her)*

**Tim :** That's an exercise you need to do before you begin to work out. This next exercise is for leg strength. Anne, you can pass on this one too.

**Anne :** I like working out, I could watch it for hours.

**Tim :** It's very simple. All you do is squat down and then stand back up again. Like this. *(does a half squat and slowly stands)* OK, your turn.

**Karen, Liz, Lorie:** *(in unison)* I don't think so.

**Tim :** C'mon, it's easy. Just follow me. And standing...

*(Karen, Liz, Tara and Lorie stand)*

**Tim :** ... and now squatting down ...

*(Tara goes down. Karen, Liz and Lorie start going down, they hang on to each other for support)*

**Anne :** Jeez, it sounds like breaking china going on.

*(Karen, Liz and Lorie fall over. Tara helps them back up)*

**Karen :** Ok, that one needs a little work.

**Liz :** Is there something easier we can start with?

**Lorie :** Something we can all do together?

**Tim :** We could do some isometrics.

**Lorie :** What's that?

**Tara :** That's where you push against something solid.

**Tim :** Or push off yourself. Here's an easy one for you to try. Take your palms and put them together like so. *(puts his palms together)* Now you do it.

*(all the women do the same)*

**Tim :** Now push and relax, push and relax.

*(Tim pushes and relaxes, the women do the same)*

**Tim :** Faster now, push and relax, push and relax.

**Anne :** push and relax, push and relax. ...

**Karen :** *(singing to the tune of the Mexican Hat Dance)* I must, I must, I must, I must increase my bust...

*(all the women do the same)*

**Anne, Karen, Liz, Lorie, Tara:** *(singing the chorus a few times)* I must, I must, I must, I must increase my bust, I must, I must, I must, I must increase my bust...

**Tim :**           *(laughs)* That's great ladies, have fun with your exercises. Ok, one more thing and then we'll call it a night.

*(all the women stop. Lorie feels something funny under her shirt and starts to adjust herself vigorously)*

**Liz :**           What's wrong Lorie?

**Lorie :**        I bought this new sports bra today and there's something wrong with it.

**Karen :**        Maybe it's your Hoo-Hoos

**Anne :**        Come here, let me help.

*(Lorie goes over to Anne and bends down. Anne grabs the front of her shirt and pulls it down and looks down Lorie's front)*

**Anne :**        You ditz, you have it on backwards!

**Lorie :**        *(stands)* I do not!

**Anne :**        You do too!

**Lorie :**        But it fits!

**Karen :**        Don't argue with success.

**Tim :**        Ladies, can I have your attention for one last exercise. Jumping jacks.

*(the women groan)*

**Tim :**        OK, *(starts doing jumping jacks)* One, two, three, four *(continues to count along with the jumping jacks)*

*(the women start doing jumping jacks, Tara keeps up with Tim, Karen, Liz and Lorie do a poor job of it, Anne just flaps her arms)*

**Tim :** OK ladies, three sets of twenty. Goodnight, and I'll see you at the next session. *(exits)*

**Anne :** This is your Captain speaking, ready to take off.

**Karen :** *(stops)* This is nuts!

*(Liz and Lorie stop too, Tara keeps going)*

**Liz :** I'm too old for this.

**Lorie :** Me too.

**Liz :** But we still need to exercise.

**Anne :** Well, I know how to exercise my right arm.

**Karen :** How?

**Anne :** By lifting a couple of pitchers of Sangria at La Hacienda.

**Karen :** I'll do my weight training by hoisting plates of nachos.

**Liz :** I've worked up an appetite.

**Lorie :** Let's get changed and go.

**Anne :** Forget it, I'm not letting you near me again. Let's just go as we are.

**Karen :** Right behind you. I'll push.

**Liz :** Charge!

**Lorie :** What about Tara?

*(all look at Tara, still doing jumping jacks)*

**Anne :** She'll catch up. Off we go!!!!

*(everyone exits except for Tara. She does a few more jumping jacks and looks around, sees that everyone else has left)*

**Tara :** Hey Girls! Wait for me! *(runs off)*

*(Blackout)*