

Aerobics instructor teaches ways to workout

By Chris Chan
Emerald Contributor

The three levels of aerobic classes offered in the University's curriculum are a chronological progression of intensity, impact and movement.

From beginning aerobics classes to high intensity advanced classes, basic fitness goals are the target. These goals include an increase in cardiovascular and muscular endurance, greater flexibility and im-

provement in agility.

"There are different types of aerobic programs suited for a variety of people, from children to adults," explained Connie McClain, a University aerobics instructor.

"Aerobics is now being accepted as a conditioning mode which can enhance performance in other athletic activities," said Janice Lettunich, director of the Slocum Sports Medicine Lab.

Lettunich teaches advanced

aerobic classes in addition to other physical education courses.

Her first involvement with aerobics was instructing children's gymnastics. From there, her ten years in aerobics has earned her the reputation as one of the best aerobics and fitness instructors on campus.

"She has a strong background in exercise physiology, therefore everything she does has a specific reason and a definite structure," said Leonard

Anderson, a former wrestler and current dancer at the University.

Anderson is one of the many students in Lettunich's professional activity conditioning aerobics class. The class, developed three years ago, addresses the need for physical education majors to teach aerobics.

Among her many students are collegiate athletes who find her instruction beneficial to their overall fitness and their specific sport.

Eric Peterson, a distance runner on the University's track and field team said that Lettunich's work-outs have helped him tremendously in his athletic performance.

Perhaps her understanding of the importance of athletic performance stems from her own competitive years in springboard diving, swimming, track and field and dance.

In addition to her aerobic activities, Lettunich follows a strict weight-training and running schedule.

"Janice has incorporated 'masculine moves' into a sequence. I feel she has deviated from the traditional 'dance' reputation commonly associat-

ed with aerobics," said Becky Covlin, a senior physical education major.

Most of her other students agree that she gives a hard and challenging work-out, and that it has helped them in their overall fitness.

Her encouraging and positive attitude has helped motivate her students.

"She is very concerned about the individual's progress," said Kelly McGill, one of her stu-

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Photo by Andre Ranieri

Janice Lettunich, director of the Slocum Sports Medicine Lab, stretches out with her advanced aerobics class prior to a workout.

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