

# INTOUCH

with Recreation and Intramurals

## Dance, funk aerobics condition without the pain

New yoga, golf, abdominals classes round out RIM's winter offerings

**T**ired of the way high- and low-impact aerobics play hell on your joints and knees? Want a workout that's a lot more groovy and doesn't make you feel like you're doing penance?

Introducing dance and funk aerobics, the latest in aerobic exercise. And with increasing demand to incorporate fun and variety into workouts classes such as bench aerobics has been produced.

The classes, offered by the Recreation and Intramurals department this winter, are appropriate for all fitness levels.

Although the classes may be more fun, the new classes provide no less in fitness benefits than straight aerobics.

Dance aerobics challenges participants to increasing their agility. Instead of the basic calisthenic moves of regular aerobics, dance aerobics is geared to dance movement.

It is not a dance class, however. The hour-long routine provides a longer cardio section than most aerobic work-outs and also includes a toning and strengthening routine.

Related to dance aerobics is funk aerobics. Participants get a workout while doing the kind of funky dance moves that are currently popular,

and all to the latest in funk music.

"Funk and dance aerobics are the craze right now," said Rita Monasterio, RIM's instructional classes coordinator, "and they're going around the health clubs in town, so we thought we'd offer them for the students here and see what kind of response we'll get."

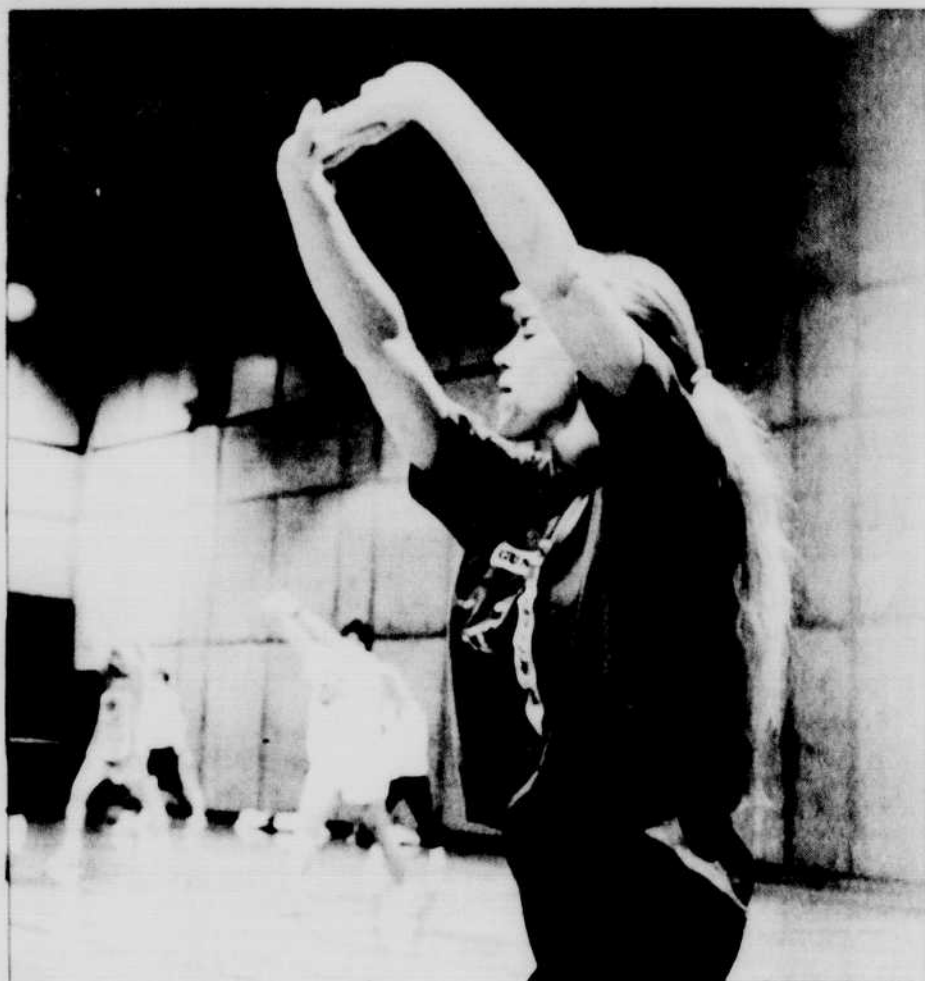
Karla Rice, RIM director, said the new classes are the result of RIM's efforts to keep abreast of the latest in fitness. She said all of the instructors are fully qualified.

"We don't offer our classes as just a cheaper alternative to paying membership at a health club," she said. "But it is also our philosophy to provide an opportunity for busy students with tight schedules to fit in time for a workout, whether it's late afternoon or night."

"And we want them to have fun exercising at the same time as opposed to taking a fitness class for credit where they'll inevitably end up feeling obligated to show up each time to earn those credits," she said. "Our classes are open to those who enjoy working out and who attend because they want to."

In addition to the aerobics classes, some of the newer classes at RIM include an abdominal class, hatha yoga and golf.

In the abdominal class, the emphasis is on working the abdominal muscles. However, the exercises complement all other muscles and include strengtheners for different muscle groups as well. Essentially, the class works the whole body.



*Dance and funk aerobics, the latest in aerobic exercise, is being offered by RIM this winter.*

A good stress-fighting class is hatha yoga. It's also the perfect class to take to increase flexibility, get a good stretch, and clear one's mind, Monasterio said.

The golf class is open to all levels. The cost for aerobics, fitness and yoga classes is \$18, with sign-up at the RIM office, Room 103

Gerlinger, at the following dates at times: today from 1:30 to 4 p.m.; Friday, 2:30 to 3:30 p.m.; and late registration from Jan. 13 to 17, 8 a.m. to 5 p.m.

The golf course costs \$40 for the term, with the same registration times.

—Ming Rodrigues

GET ACTIVE! GET INVOLVED! GET GOING! GET ACTIVE! GET INVOLVED! GET GOING! GET ACTIVE! GET INVOLVED! GET GOING!

## Get Active!

### Schedule of Activities Winter 1992

LEAGUES	DIV.	MIN. # PLAYERS	ENTRY DEADLINE	START DATE	FEE
Basketball	M-W-C	5	Instant Scheduling	Jan. 16	\$40
Racquetball	M-W	3	Jan. 10, 3pm	Jan. 14	\$15
Volleyball	C	6	Jan. 17, 3pm	Jan. 22	\$30
Inner Tube Water Polo	C	6	Jan. 23, 3 pm	Jan. 28	\$30
<b>ONE DAY EVENTS</b>					
Basketball Scramble	M-W	6	Jan. 13, 3pm	Jan. 14,15	NC
Open Float (Learn Inner tube Water Polo)	C	6	Jan. 17, 3pm	Jan. 21	NC
Valentine Fun Run	M-W-C	1-2	Feb. 13, noon	Feb. 13	\$1/person
Free Throw/Hot Shot/3 Point Contest	M-W	1	Feb. 6, 3pm	Feb. 12	NC
<b>TWO/THREE DAY EVENTS</b>					
Indoor Soccer	M-W-C	5	Jan. 30, 3pm	Feb. 1-2	\$15
Schick Super Hoops (3x3 BB)	M-W	3	Feb. 6, 3pm	Feb. 8-9	\$15
Tennis Classic	M-W-C	1-2	Feb. 11, 5pm	Feb. 14-16	!
Wrestling	M	1-3	Feb. 17, 3pm	Feb. 17	\$15/team

MANDATORY!-INTRAMURAL BASKETBALL INSTANT SCHEDULING - Mon., Jan. 13, 2:30pm Fir Room, EMU  
Class Registration 103 Gerlinger  
Wednesday, Jan. 8 & Thursday, Jan. 9, 1:30-4pm, Friday Jan. 10, 2:30-3:30

Remember to sign up for Recreation Classes!

For more information call x4113 or come by 103 Gerlinger Hall to enroll

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