

# INTOUCH

with Recreation and Intramurals

## Witness for Fitness: Don't duck the challenge!

**W**ith the winter blahs behind us, it's time to spring into action, get in shape and have some fun.

Come April 27, it's **Witness For Fitness** month—28 healthy days of fun, fitness activities ranging from team sports and games to workouts and seminars.

"With this program, we hope to foster in our campus community an awareness and interest in personal fitness," said Karla Rice, RIM director.

Beyond the health focus, RIM also hopes the five-phase **Witness For Fitness** activities will encourage a sense of community among students, staff and faculty and stimulate their involvement in campus activities beyond the classroom experience.

The first phase is the four day "Team SuperStars Challenge" where teams are invited to match skills, strengths, wits and laughs with one another through an obstacle course, a sports trivia challenge, an "aqua splash" competition, a 4-A-Side grass volleyball competition and culminating with phase two on May 3 with "Storm The Stairs" at Hayward Field.

Deadline for entry is April 21 at 5p.m. The fee is \$30 for a team of four or \$6 for each

ditional player up to a maximum of eight. "Storm The Stairs" happens between 1-3pm. Fee is \$15 per team of 4-25 participants or \$3 for individuals.

**Witness for Fitness** Event Coordinator Dene Eller calls "Club Cardio," the second phase of **Witness for Fitness** held May 4-8, "a pilot program created to solicit feedback from students, faculty and staff in regards to designing a permanent cardiovascular fitness center actually on campus."

"Given our fitness oriented community and our significant student population, it is a tragedy that our current facilities rank on the bottom to other campus' recreational facilities our size," Eller said.

But things may indeed change with this week-long preview of 15 state-of-the-art cardio-fitness machines including stair climbers and stationary bikes in Esslinger's east gym. "Club Cardio" offers 70 free workout hours May 4: 2p.m.-12:30a.m.; May 5-7: 6:30a.m.-12:30a.m. and May 8: 6:30a.m.-12p.m.

It's "Aerobics" on May 21 from 4:30p.m.-6:00p.m. Students are invited to participate in 90 minutes of continuous aerobics incorporating high, low and funk style dance moves. It's free and it takes place at the Esslinger covered



Photo by Sid Neelman

University students Erin Walsh and Nick Yamodis test a few examples of equipment available during the "Club Cardio" phase of the monthlong **Witness for Fitness**.

tennis courts. To test just how fit you are, drop in for a "Fitness Assessment" May 5-6 from 3:30p.m.-6p.m. at 47 Esslinger. The fitness assessment includes flexibility and grip strength measurements, sit-ups and push-ups, step endurance, skinfold analysis and cholesterol testing.

Students can also sign up for hydrostatic weighing,

which measures body fat by submersing the body in water. It's all free.

In addition, "Witness For Fitness" month offers these programs:

April 13, 20, 27, May 4 and 11 and 18: Student Health Center Workshop Series: "Women, Weight, Body and Food Issues." Each session runs from 4p.m.-5:30p.m. and it's free. Call 346-4456 for details.

April 15, 22, 29, May 6 and 13: Student Health Center Workshop Series: "Smoking Cessation" and "Weight Management." Both series run from 4p.m.- 5:30p.m., and they're free too!

April 24-26: RIM Annual Spring Tennis Classic; 1-2 players, \$7 singles, \$12 doubles. Deadline to sign up is April 21. Details at RIM or call 346-4113

April 25: RIM five-on-five Bean Courts Basketball Classic. Starts 12p.m., weather permitting. Categories include Women/Men's division 1 (advanced) and Women/Men's division 2 (intermediate). Fee is \$5 per team. Sign up at the RIM office by April 22, 3p.m.

April 26: RIM Annual Track Meet at Hayward Field. Starts at 1p.m. Free.

May 11: Kung Fu Demonstration, 12 noon EMU Courtyard. Free.

May 15: RIM Aerobic demonstration, 12 noon EMU Courtyard. Free.

May 17: RIM Best Ball Golf Tournament, 1p.m. Tokatee Golf Course.

May 19: RIM Softball Hitting Contest. Fee is \$1 per person.

May 20: RIM Golf Lesson. Free.

—Ming Rodrigues and S. Ellen Ratliff

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### Get Active! Schedule of Activities Spring 1992

LEAGUES	DIV.	MIN. PLAYERS	ENTRY DEADLINE	START DATE	ENTRY	START DATE	ENTRY	SEE
Softball	M-W-C	10	*Instant Scheduling	Apr 9	NC	Apr 9	NC	\$35
Soccer	M-W-C	9	*Instant Scheduling	Apr 9	NC	Apr 9	NC	\$35
Tennis	M-W-C	4	Apr 9, 3 pm	Apr 13	NC	Apr 13	NC	\$15
Ultimate Frisbee	M-W-C	7	Apr 23, 3 pm	Apr 27	NC	Apr 27	NC	\$30
Grass Volleyball	C	6	Apr 24, 3 pm	Apr 28	NC	Apr 28	NC	\$30
<b>ONE DAY EVENTS</b>								
Soccer Scramble	M-W-C	9	Apr 3, 3 pm	Apr 7	NC	Apr 7	NC	NC
3x3 Half-Court Basketball	M-W	3	Apr 6, 3pm	Apr 8	NC	Apr 8	NC	\$10
Track Meet	M-W-C	1-4	Apr 23, 3 pm	Apr 26	NC	Apr 26	NC	NC
Storm the Stairs	M-W-C	1-4	Apr 28, 3 pm	May 3	NC	May 3	NC	NC
PEP	M-W	1	7-8:30pm, Ben Under Room-EMU, May 6	May 6	NC	May 6	NC	NC
Swim meet-open	M-W-C	4	May 7, 3 pm	May 8	NC	May 8	NC	\$15/team
Golf Tournament	M-W-C	2	May 11, 3 PM	May 17	NC	May 17	NC	NC
Aerobics	M-W	1		May 21	NC	May 21	NC	NC
<b>SPECIAL EVENTS</b>								
Spring Tennis Classic	M-W-C	1-2	Apr 21, 5 pm	Apr 24, 25, 26	NC	Apr 24, 25, 26	NC	NC
Team Super Stars Challenge	M-W-C	4-8	Apr 21, 3 pm	Apr 27	NC	Apr 27	NC	\$30
Club Cardio	M-W	1		May 4-8	NC	May 4-8	NC	NC



**Remember to sign up for Recreation Classes!**

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



**\*MANDATORY - INTRAMURAL SOFTBALL and SOCCER INSTANT SCHEDULING - Monday, April 6, 2:30 pm, Gumwood Room BMU**  
 Class Registration 103 Gerlinger  
 Registration: April 1 & 2, 1:30-4pm, April 3, 2:30-3:30  
 Late Registration: April 6-10, 8am-5pm

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