

## IN TOUCH STAFF

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## BACKSTAGE

### Annual Spring Blowout

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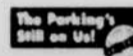
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## IN TOUCH with Recreation and Intramurals

# New aerobics class will really shake and shape things up

**T**ake a minute to think about exercise. No, not that everyone should do it—we already know that.

Think about the kind of exercise you can get in Eugene.

Adventurous, outdoorsy folks take advantage of the many mountain bike and hiking trails, or they opt for a little rock climbing, a little kayaking or maybe a bit of high-energy ultimate frisbee.

But let's face facts: Most of us want to exercise out hearts, our lungs and our not-so-tight ends and we'd like it to be convenient, inexpensive and captivating enough to keep us coming back.

We'd like to be able to wear whatever we want when we exercise and not have to feel like the fashion police are watching as we become sweaty and disheveled.

For people like us, RIM has uncovered the perfect solution.

Beginning this term, RIM will be offering a new fitness class called "Body Sculpting and Aerobic Conditioning," which promises to expand your appreciation for exercise while shrinking your body fat.

This class will be held three times per week and runs for 90 minutes, which is 40 minutes longer than most aerobic classes offered by RIM.

Instructor Julie Miyamoto, who has been with RIM since September, says that the extra 40 minutes makes all the dif-

ference.

Most aerobic classes spend 20 to 25 minutes on cardiovascular work, a short warm up period and then 15 to 20 minutes of toning and strengthening exercises.

Miyamoto says she will start the class with a slightly longer warm up period and gradually increase the cardio section as the classes progress.

Beginning the normal 20 to 25 minute aerobic section, students of Miyamoto's will soon find themselves doing a 40 to 50 minute cardio workout.

In addition, the class will focus on sculpting the muscles via a section of weight-bearing exercises.

Designed to strengthen and tone student's muscles, the weight section will be longer than the token ten of 15 minutes that most classes include.

Because of this, Miyamoto's class should appeal to people who would normally attend an aerobics class two or three times a week and spend their off days in the weight room.

"This class," says Miyamoto, "is a complete workout." She explains that a person can tone, shape and build strength while increasing cardiovascular fitness and lung capacity.

"A lot of students don't know about the benefits of a cardio workout," Miyamoto says. "They think it's better to do 100 squats and then they're in pain the next day. You don't have to be in pain to

have a good workout."

The extended time in the class will also enable students to spend more time stretching and warming up to prevent injury.

But, Miyamoto does warn that because of the length and intensity of the class, it is not ideal for beginners, but rather for "people who have been exercising for at least a year."

If you are one of those people and want an exercise program that involves total body fitness as well as an enthusiastic instructor and what she calls "high-energy" music to accompany you, then Miyamoto's body sculpting class is just what you're looking for.

The class is inexpensive at \$18 for the eight-week session and there is no need to buy any fancy workout gear, says Miyamoto.

"People should wear whatever they're comfortable working out in," the enthusiastic instructor suggests, "but good shoes are important in preventing injuries."

Registration for the class, which meets Monday, Wednesday and Friday from 3:30 to 5 p.m., will be this week at the RIM office, 103 Gerlinger.

April 1 and 2, students can register between 1:30 and 4 p.m., and from 2:30 to 3:30 p.m. on April 3.

For more info call the RIM office at 346-4153.

—Sarah Pagliasotti



High-energy aerobics combined with hand weights assures body sculpting students of a muscle-building, fat-burning workout.

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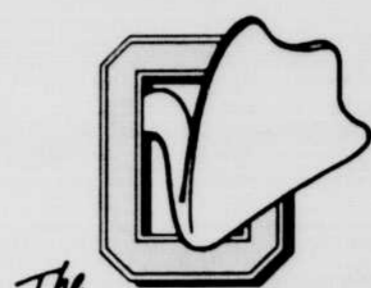
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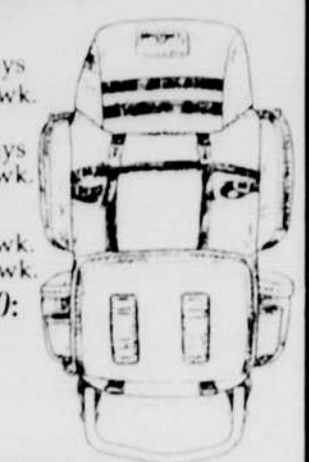
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