

## RIM aerobics has something for all

Are you looking for a good place to work out but are weary of high-priced health clubs? Does the prospect of hundreds of people clad in underwear-like apparel frighten you?

Well, fear no more. The University's Recreation and Intramural aerobics programs provides inexpensive, quality fitness programs in a relaxed atmosphere.

"RIM is less threatening than many health clubs," instructor Ella Luce said. "It doesn't matter what you look like here, most people just wear shorts and a T-shirt. We come to work out, burn fat and tone muscle, not to win a beauty contest."

Some students are still wondering how instructors with thighs the size of their arms manage to teach a grueling workout and still maintain manageable hair and a pulse below six. While others wonder just what purpose that thin piece of cloth pulled tightly between their legs in a style similar to Tarzan serves, many students have already discovered the relaxed atmosphere at RIM: a thong-free establishment with instructors who possess actual sweat glands.

"RIM offers the same aerobic benefits as expensive clubs, but you don't have to invest in those tight uncomfortable clothes to fit in," said University sophomore Nikole Roeber. "I just wake up and go."

So quit yanking that leotard out of your ... and sign up for RIM aerobics. High and low aerobics, step, circuit training and body sculpting are just a few examples of the variety of ways you can turn your body into a hard, buffed up, workin' machine just like those instructors. (Minus the thong of course.)

And while your body becomes slimmer, your wallet will remain fat. For only \$20 a term you can reap the many benefits of a healthy aerobic workout five times a week.

"Aerobic exercise not only helps you burn fat and tone muscle, it is an excellent way to cope with stress, reduce fatigue and improve self-image," instructor Alison Bagg said.

But while the atmosphere at RIM may be relaxed, the workouts are anything but. "Our workouts stress the full-body approach," Bagg said. For those of you who do not understand aerobics jargon, this means working as many muscles as possible in areas of cardiovascular conditioning, muscle strength, endurance and flexibility; in other words, prevent and be sore.

RIM stresses the mind as well as the body. The instructors provide the extra benefits of education that many health clubs lack. "Students need to be learning what they are doing, what muscles they are working, and why they work this way," Bagg said.

RIM also stresses safety. "We offer low-impact



Photo by Sean Olsen

RIM aerobics offers a thong-free environment in which to work out.

modifications and alternatives to high-stress moves," Luce said. "People can seriously damage their bodies if they get too into fat burning."

University sophomore Brooke Ward said she agreed that RIM emphasizes the importance of a healthy heart. "The instructor taught us how to monitor our heart rates and to check our pulses at the middle and end of each workout," she said.

But amid all this education and safety lies the fundamental goal of RIM: commitment to the fun and enjoyment of physical activity.

One class in particular offers a unique way to get in shape. Funk aerobics combines the latest and hottest moves with aerobic exercise, so those of you with the dancin' fever can simultaneously burn fat and work on new moves for Guido's dance floor.

Students who make it through the RIM classes even have an opportunity to become instructors. "You can apply to be a teacher's assistant for a class and learn from them," Luce said. "After you have gained enough experience, we evaluate your performance, and if you are competent you can start teaching your own classes."

It is not too late to sign up for RIM aerobics. Just call 346-4113 or visit Room 103 Gerlinger from Monday through Friday from 8 a.m. to 5 p.m.

—Jenny Carey

## Program brings adventure to local sports

Started two years ago as a way for the community and the University to become more involved in recreational sports, Sports Adventure is a "passion" for Director Dene Ellen.

There are many different programs under the Sports Adventure umbrella. Currently there is a women's indoor soccer league with three divisions in the 12-team league. Many University students play in the competitive division.

The third division is reserved for women over 40 years old. This gives women who have been spectators for years a chance to get out and play for themselves. Many of the women have never played soccer before.

The other programs offered include; K's and I's, a motor skills development program for kindergarten and first graders,

and kid's soccer. The kids play during the outdoor summer camps.

Other programs such as Triple Sports offer adventures such as a free duck swim, safari afloat, and t-ball.

Ellen has been working at the University since she came here in 1988. She finished her Masters Degree in 1990, and is now working on receiving her Ph.D in leisure behavior. She taught student physical education classes for two years before she joined the RIM staff.

Now Ellen is starting her third year with RIM and Sports Adventure. She is offering the community a unique opportunity to use the facilities of the University.

All of the games are officiated by students, and many of the children's teams are coached by them as well.

The programming, marketing and promotions are also all student driven. Going to the schools and getting kids involved helps to advertise and enhance the program. A program like this in its early stages needs all of the public relations it can get. Here is an opportunity for those with a love of sports to get an early start in coaching.

The program has bright hopes of becoming profitable. All of the money earned will be put back into the improvement of university facilities.

Ellen said she believes strongly in the importance of children's development of social skills and improved self esteem as being more important than the competition of the games they play. She has developed the only program of its kind in Eugene.

—Teresa Isabelle

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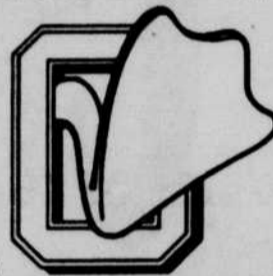
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