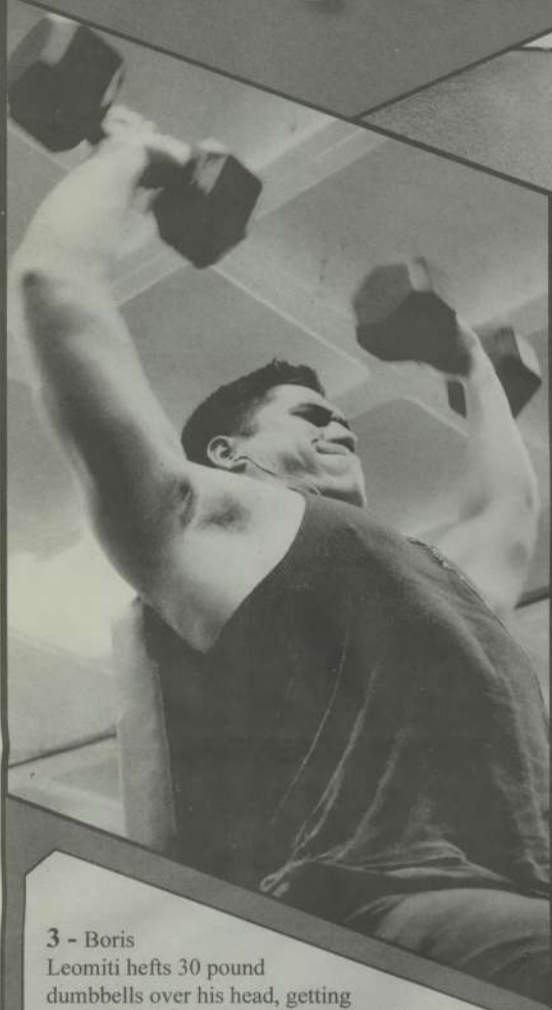


# Commit to be fit



**3 - Boris Leomiti** hefts 30 pound dumbbells over his head, getting ready for his basketball class. Leomiti would like to be a personal trainer but isn't sure that he could make a living at it. He wants to get his transfer degree from Clackamas Community College. **4 -** Lifting more than 100 pounds on some of the weight room's newest equipment, Jonathan Dewar keeps his cool and focuses on just one more rep. **5 -** Though suffering from an injured wrist, Joshua Lair easily lifts the rubber covered weights while standing on a cork block. **6 -** Paul Fiskum lays down some ground rules for his Health and Fitness class, which is split between one hour of lecture and one hour of workout.

**7 -** Jamie Babcoch (lower left) tries to stay focused on exercising her lower back and thighs with a weighted ball as Rosie Ocambo (upper left) and Emily Giersch (upper middle) chuckle loudly and Ira Kersten-Wines (mid right) and Kaitlin Gram (far right) look on.



**1 -** Anna Humphreys stretches out in preparation for her workout. **2 -** Madeline Metcalf listens as Paul Fiskum explains the day's workout session.

