

top-of-the-line minds & bodies

WORK IT OUT

to relieve stress

→ People exercised for many different reasons. There were students that exercised as a means of stress relief, to get or stay in shape, or because it helped to clear their minds. Sometimes it was hard to find the time to make it to the Student Recreational Center and hop on a treadmill or take one of the many classes offered with their hectic lives. However, many "Rec Center" enthusiasts were able to make it a priority.

Halfway through the semester, the Rec Center offered a discount price on Fitwell Passes for students who wanted to enroll in fitness classes. Another payment option was a five dollar daily drop-in fee whenever someone wanted to participate in a single class. Free classes were also occasionally offered like the Partner Yoga class.

Exercise routines varied by personal preference. "I like cycling because I get a sense of accomplishment by the distance I'm able to ride in a short amount of time," junior Robin Reynolds said. "It's also a good stress reliever, and you look cool in the spandex." Reynolds enjoyed yoga and was also a member of the Cycling Club.

Stress relief was cited as common reason many worked out. "I like working out because it is a great way to de-stress and a great time to think," sophomore Regan Pummell said. "My favorite way to work out is the elliptical at the Rec and also late night runs in CW," Pummell said. When she could not get to the Rec, Pummell did Turbo Jam's "Ab Jam" in her room.

People didn't normally think about meeting new friends when working out, but freshman Ryan Morris found this to be an extra perk. "I get to meet a lot of new people at the Rec that I probably wouldn't meet otherwise," Morris, who enjoyed rock climbing at the Rec, said.

Despite the different motivations for working out, students all got the same end result of feeling good afterwards. Whether it was grabbing a mat and doing Pilates, climbing to the third floor of Morton three days a week, or working with a personal trainer, the campus offered many ways for health pursuers to get and stay in shape.

>Astrid Broady



On a blustery fall day in front of the Jamestown dorms, a group gathers to play soccer. Students took advantage of the nice weather to exercise whenever possible by jogging, cycling or playing intramural or club sports.

Sophomore Tim Heck uses one of the weight machines at the Rec to tone up. While some enjoyed using the weight training machines, others preferred to use free weights or take fitness classes in order to build their muscle mass.



During cardio rush hour at the Rec Center between 4:00 p.m. and 7:00 p.m., students work out on the available ellipticals, treadmills and stair-climbers. Among the many activities offered at the Rec Center, students could weight train, swim, play raquetball, climb the rock wall, or join a variety of fitness classes.