

FITNESS CLASSES AT BYU-IDAHO

BYU-Idaho will offer a variety of free fitness classes offered this spring semester in room 234 of the John W. Hart Physical Educational Building.

Katelyn Ray, a sophomore studying music, has attended many different classes. She said but prefers Abs that Rock is her favorite because it gives her the best workout and she can still feel it a few days later.

Ray has also attended the aerobics class where they do exercises that get your heart rate moving and Latin Jam, which is a she described as a knock off of Zumba.

Jessica Shepherd, a BYU-Idaho university alumna who studied recreational management, has participated in enjoyed the Latin Jam class while attending BYU-Idaho.

"It's a really fun mix of hip-hop aerobic dancing with Latin steps," Shepherd said. "I like it because I feel it working different muscles than I would in a normal workout."

Shepherd also said it's nice because it's not an exercise overload and you can make the workout as hard or as easy as you want.

"I like it because I feel it working different muscles than I would in a normal workout," Shepherd said.

Joe Montoya, a freshman studying art, has participated in attended both Abs that Rock and Yoga. Montoya said he participated in Yoga religiously for the first month. He said because it makes him feel "really, really good."

"It's an hour where I can just stretch out and relax," Montoya said.

Christopher Roberts, a junior studying health science, has attended Abs that Rock. and, Like Ray, Roberts said it is a great work out that you that he could feel the results for a couple days afterwards.

Roberts has also attended some of the cycling classes where a leader instructs participants on the form and resistance level of the workout. He said if you do the work outs like you are supposed to, it so they can work the whole body.

"It gives you a good work out, it's pretty intense," Roberts said.

Christian Tolentino, a junior studying biology, attends the Hip-Hop dance instruction class.

"I like it because music is involved and dancing is involved but even more so because it is a physical activity."

Tolentino also said he likes enjoys the social aspect of going to the class. He enjoys being where he can be with other people who love dancing and love the genre of music hip-hop as much as he does. He also said he likes seeing Seeing other people do well because it makes him want to come back and do better.

"You get to laugh at yourself make mistakes because no one's perfect," Tolentino said.

Students interested in attending can find a schedule and other information A schedule for the fitness classes can be found online at <http://www.activities.byui.edu/fitness/default.htm>.

Comment [c1]: Is this a direct quote? If so, add quotation marks. If not, shorten it to "Shepherd also described the class as being less demanding than other workouts."

Comment [c2]: Don't put quotation marks around short phrases. This creates a sarcastic and non-professional tone. Either give full, sentence-long quotes or summarize what they say.

Comment [c3]: Scroll format for websites: italicized, black font, and begin with "www." Don't include "http://"

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