

Yoga studio celebrates 1 year in Elon

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Reporter

As one of the few yoga, Pilates and barre studios within walking distance from campus, Zenitry Yoga Studio is hoping its first anniversary as an Elon business will bring fresh faces, yoga lovers and fitness enthusiasts to the Zen space.

Zenitry opened its doors more than three years ago in Burlington. Last October, eager to gain a larger student clientele, it moved to a vacant space near the Fat Frog Bar and Grill and Simply Thai and Sushi.

Zenitry's founder Christine "Cricket" Foster welcomed the local studio with open arms, but she believes there is still room for growth.

"Being close to a university campus brings a lot of young energy and excitement to the studio, but there are still so many students who haven't taken advantage of the classes we offer," Foster said.

Similar to other local businesses, Zenitry is continuously trying to spread word of the services it offers, but they are not shy to boast about the positive benefits that Elon students have already brought to the studio.

Because of students' varied backgrounds, the Zenitry clientele has diversified in the last year. Before moving closer to campus, Foster said that the conservative surroundings in Alamance County did not mix well with the spirituality of yoga, and many people misinterpreted yoga as a religious practice.

"There are two words of yoga: 'meditation and meditation,'" Foster said. "A practicing yogi strives to find the balance between the two in hopes to find center in their life. It doesn't have to be a religious experience unless you want it to be."

Classes at Zenitry range in age and ex-

perience. The studio is focused on increasing class sizes and blending different communities, and popular classes like power hour and hot yoga often have a mix of Elon students and Burlington locals. Foster hopes to keep it that way.

"Zenitry allows you to build a home. It's a community of people looking to have a more balanced lifestyle and we want it to be just that — a community," said Foster.

While Elon students have access to the campus gym and group exercise classes, Zenitry provides students with something different: a Zen atmosphere. Taking a class at the studio gives students a space away from campus, both figuratively and literally.

"Classes at Zenitry not only give participants physical exercise, they also offer a mental break for students who may be experiencing stress or anxiety," said Marissa Douglass, an Elon senior and part-time Zenitry yoga instructor. "Whether they are freshman who are struggling being away from home or seniors who are overwhelmed by their course load, Zenitry is a safe and relaxing space students can come to when they need time for themselves."

New students can attend their first class for free. Zenitry also offers student deals, including the monthly-unlimited contract for \$79 per month.

Students can purchase an annual group exercise membership at Elon Campus Rec for \$20 — significantly less than Zenitry's contract cost. Some students interested in taking the classes Zenitry offers may be deterred by the steep membership price.

Elon senior Sara Russell attended a ballet barre class at Zenitry this summer.

"I took advantage of the first free class at Zenitry and felt like it was an ok experience," Russell said. "Unfortunately, their high prices



HALI TALUXE | Photo Editor

Cricket Foster, owner of yoga, barre and pilates studio Zenitry, leads the 9 a.m. yoga class.

are not feasible for most students, like myself, when we have free classes on campus."

Group exercise classes at Elon have a tendency to get over-crowded and students can be turned away. Elon senior Natalie Kameron, a part-time barre instructor at Zenitry, recommends that students weary of waiting times or packed classes should take popular classes like Zumba and Pilates at Zenitry instead.

"Zenitry is a great alternative to group exercise classes at Campus Rec, especially when classes are full," Kameron said. "They also offer special classes like Piloxing or barre, which is a nice change from the traditional group exercise classes."

Maintaining the studio space and improv-

ing its overall atmosphere are reasons for Zenitry's high rates. The monthly price cost, while steep, allows Zenitry to complete its construction goals. This year, the studio will remove the fluorescent lights in its ceiling and replace them with decorated Japanese lanterns. From there, they plan to create a lobby space and sheer the outer window to give more privacy to students in classes.

In line with its Zen atmosphere, Zenitry offers massages, a private meditation room and a program called Zen Zone, which gives community members a place to study or practice dance routines. Other organizations, including Greek sororities and fraternities, can use the Zenitry space for dance rehearsals or events.

RESTROOMS from cover

der-inclusive bathrooms two years ago was not as open to all genders and sexes as they are actually today.

"They used to be labeled 'unisex bathrooms,' which makes people think of one sex," Bosch said. "But this was before the advent of thinking of multiple genders and sexes."

The term "universal" captures the variety of identities that fall under the sex and gender spectrum. Bosch said a significant reason behind choosing the term was that it is accessible to everyone — including people with disabilities or outside guests who visit the campus during large events.

"There might even be a father who wants to take his three-year-old daughter to the bathroom but doesn't know if he should take her to the men's restroom or the women's," he said. "Despite gender identity and despite disability access, there are still plenty of situations where people of multiple genders need to use a restroom."

The re-signing process

When the office was created, Bosch led a resource assessment and began to look at places on campus where long lines would form outside restrooms. Realizing that many of these restrooms were labeled "men" or "women" but were single stalled and lockable, Bosch pushed to change the signs and ensure that they were accessible to people with disabilities.

"There wasn't much reconstruction, per se," he said. "It was just a matter of finding these spaces and re-signing them."

Because of several factors including the fire code, the campus could not construct universal restrooms on every single floor — but with the exception of Historic and Danieleley Neighborhoods, all residence buildings have at least one universal bathroom.

Bosch said he is very appreciative of Physical Plant and Construction Management for cooperating and realizing the significance of universal bathrooms.

"Those spaces could have easily been mechanical rooms or storage facilities," he said. "It's not easy on their behalf to say, 'This is why we need to remove some space in order to carve out some space for a universal restroom.'"

Bosch said because of the administrative support behind restroom-inclusivity, universal bathrooms are being included in blueprints for buildings that are now in construction, including McEwen's new School of Communications.

"From now on, it won't even be a question — universal bathrooms will appear in blueprints because of the campus support," Bosch said.

Elon senior Samantha Allen said the existence of universal bathrooms is another step in a right direction for all-campus inclusivity.

"I feel absolutely comfortable," she said. "I've never felt that gender identity is black or white and everyone, especially on a college campus, should feel comfortable walking into a bathroom that doesn't put them in a box."

Is it enough?

While universal bathrooms are accessible to students in most traditional buildings, they are not accessible on every floor. For traditional-style on-campus housing — which is common in Historic — most restrooms on the hall are multi-stalled and gender binary.

This means a student conforming to a gender outside male or female would have to either use a bathroom that doesn't align with their gender or travel upstairs or downstairs to find a universal one.

"I would love to see them everywhere," Bosch said. "But it has a lot to do with the fire code."

He does not foresee multi-stalled universal restrooms being created in the near future.

"The question of having universal multi-stalled restrooms is tricky in a university setting simply because it is a newer concept," he said. "I don't think Elon is fully ready to move in that direction yet — there would need to be a lot more education and explanation, especially for parents of prospective students."

Allen said while it may take some time for the university to get used to and while it may mean maneuvering around logistical issues, such as including showers, it is necessary.

"I hate doubting Elon's ability to accept, because for the last three years I've been blown away with the changes that have occurred on this campus," she said. "But if just one person would be more comfortable if we had it, then I think it is something that needs to happen."

ON-CAMPUS GENDER-INCLUSIVE RESTROOMS

Academic Village (20)

Located in: Belk Pavilion, Holmes & Spence Pavilion, Kenan Pavilion, Cannon Pavilion, Darden & Gray Pavilion, Numen Lumen Pavilion, Gray Pavilion

Moseley Center (11)

Located in: Irazu Café, Moseley, Lakeside Dining Hall, Center For Leadership

Center for Leadership (4)

Global Neighborhood (10)

Located in: All five Global buildings and Global Commons

Historic Neighborhood (5)

Located in: Mooney Hall, McEwen Dining

*not including residential areas

Campus West (1)

Located in: The Oaks

*not including residential areas

Colonnades Residence Halls (5)

Located in: All five Colonnades buildings

Center for Arts (8)

Located in: McCoy Commons, Koury Athletics Center, Center for Arts

Arts West (4)

Located in: Scott Studios, Purchasing, Business Services

Powell House (2)

South Campus (24)

Located in: Scott Ellington, Financial Planning, Worsley, Holland, Holt Chapel, Johnston

Athletics (3)

Located in: Koury Fieldhouse, Softball Fieldhouse

Francis Center (2)

Located in: Francis