

# Want to get in shape?

## Weight room offers training equipment

By **ESHIA GRAHAM**  
Staff Writer

Want to feel great, lose weight and get in shape? Here at Wayne Community College, there is a weight room provided for students.

The weight room is open Monday through Friday from 8 a.m. until 4 p.m. in room 208 in the Azalea building.

Only WCC students are allowed to use the weight room, and a work study student must be present. If a work study student isn't present, the weight room stays closed until one is available.

The room is managed by the Physical Education Department, including its director, Tracey Ivey, and instructor Mike Saylor.

In addition to being used by individual students, the weight room is used by classes, said James Bynum, director of Student Activities. Some use it for weight training, and those who walk for fitness use it during rainy weather.

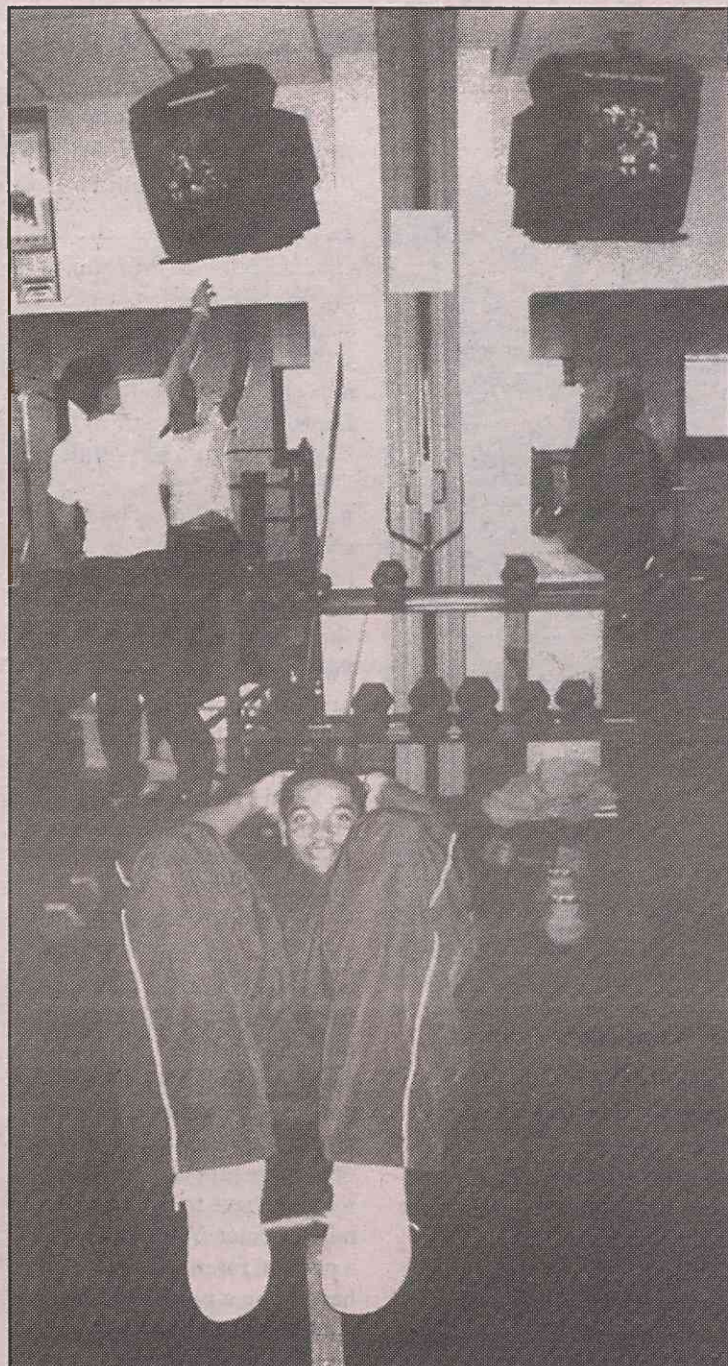


Photo by **ESHIA GRAHAM**

**Reggie Harper does sit-ups in the weight room.**

Students in Basic Law Enforcement Training also use it for training.

There are several different kinds of machinery, including a treadmill, free weights, dumbbells, a leg press, stationary bikes

and more.

During an interview with the Campus Voice, some students said they use the weight room at least three times a week for about 45 minutes to an hour.

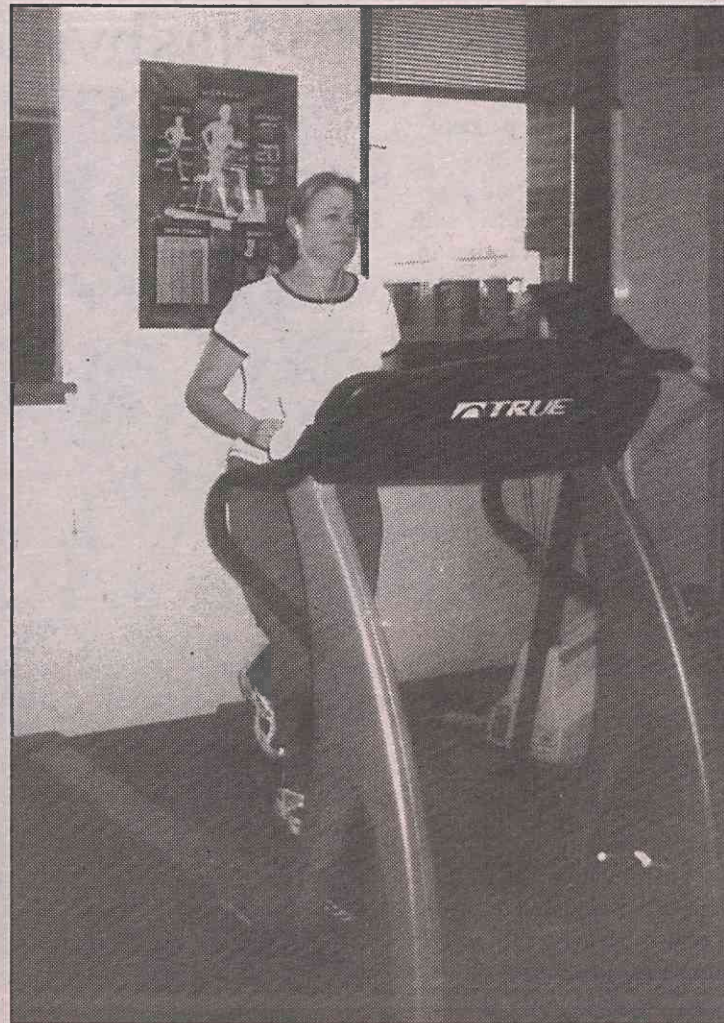


Photo by **ESHIA GRAHAM**

**A WCC student exercises by running on the treadmill.**

## Y passes available for students

Using the on-campus weight room is not the only way students at Wayne Community College can work on their physical fitness.

According to James Bynum, Student Activities director, the college also offers a pass to the Family YMCA for \$25 a month.

Students do not have to sign a contract. Instead, they can just show their college ID.

The discount pass program has been offered at the college for the past three years.

More information can be obtained at the Student

Activities office in the Wayne Learning Center.

- **Eshia Graham**

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