



Peggy Shreve, who conducts slimnastics class at "Y", gives participants a warm-up session as class begins.

Employees Enjoy Slimnastics Class

Slacks or jeans and sweatshirts or blouses are the necessary dress when a group of women gather at the Draper YMCA every Monday evening. Their purpose?—to drop a pound or two, move an inch here to there, firm up a muscle that isn't exactly firm and also for just plain fun.

There are sometimes specific reasons why someone joins a "slimnastics" class, and Mickey Overby of the Draper Industrial Engineering Department has a specific reason.

Mrs. Overby said, "I am getting in shape because I bet my boss I could out-jog him one day at lunch, and I want to really be ready for it" The jogging boss is Cecil Barker, industrial engineering supervisor at Draper.

Darlene Vestal, of the Traffic Department and a relief operator on the Fieldcrest switchboard, doesn't appear to need any slimming. Her reason for the class, she said, is "because I enjoy it. Also, my husband bowls every Monday night, so I come down here and it works out fine."

The class, which is conducted by Mrs. Peggy Shreve, women and girls director at the "Y", has about 25 members. During the hour it meets they do group exercises, some of which can make an idle spectator groan. They also have a vibrator and an exercise bicycle to aid in rearranging pounds and inches.

The side effect, which everyone lives through—though they might think they won't—is sore, sore muscles after the first visit or two particularly.

One who can testify to this is Juanita



Virginia Ashworth (in front) and Mickey Overby skip rope.



Juanita Stewart rides bicycle.



Darlene Vestal tries vibrator.