

# IM-REC SPORTS

## IM Aerobics Takes Off

The aerobics boom has hit Carolina.

About seven years ago, few had even heard the term. But now aerobics workouts stock shelves at video stores and classes at aerobics salons—some offering other fitness services—are filled to the brim.

Capitalizing on the boom, the UNC Intramural-Recreational Sports program has developed its own aerobics program, featuring free classes for UNC students and faculty/staff privilege card holders. And the classes are packed.

All of the program's ten classes are filled, some even having to occasionally turn away a person or two. "About 500 to 600 people are involved in our aerobics program," said Assistant Intramural Director Rob Frye. "We offer a number of classes, with the largest being 75 people and the smallest about 30."

When the intramural aerobics program began, it was modest in comparison. Under the direction of Frye and then-Assistant Director Mary Pomerantz, the aerobics program began five years ago with three classes—all filled—and about 150 participants.

Now, the program offers classes at satellite sites around campus—Morehead Cellar in

Cobb Residence Hall, Morrison Hall and the Granville Meeting Room. To diversify the classes, a new feature this year is "low impact aerobics". That class, a new trend in aerobic dance, emphasizes upper body movement and reduces stress to the ankle and knee.

To hold the classes, you need instructors. Presently, 18 instructors are employed by the program. Instructors, said Frye, have three duties. First, they lead participants through a choreographed aerobics workout, trying to adapt the workout for all skill levels of participants. They also create enthusiasm for the workout and motivate participants to maintain their participation in aerobics.

Instructor certification is offered by the intramural program and is directed by Aerobics Coordinator Cydne Watterson.

Offered twice an academic year, training is about 15 hours of practical work and classroom topics, including basic exercise, physiology, nutrition, anatomy, and aerobics techniques. All intramural instructors are certified through the course, by the Fitness and Wellness Association, or by another reputable instructor training program.

As long as demand remains high, the intramural programs will try to accommodate a large number of classes, said Frye. Two problems with class scheduling are finding enough instructors and securing adequate facility space.

"For the next few years, I see the number of classes remaining pretty much the same," said Frye. "We really have no more room in the physical education complex to hold classes. But we probably have enough interest for two more classes. Maybe we will be able to add a couple of satellite classes, but it's even difficult finding room for those."

"Aerobics are real popular and are getting a lot of people involved in the intramural program. We're happy that aerobics attracts women to the program; it counters a slight decrease in women's participation in other activities."

The future seems bright for the Carolina intramural aerobics program. Slowly, men are becoming more involved and the overall number of participant steadily grows. The only question that still keeps intramural officials scratching their head: "Where will we put them all?"



## Important Events

March is a month for intramural tournaments! Five special tournaments are featured in next month's schedule...and that's not all.

1-ON-1 BASKETBALL tips-off the tourney season with 20-point/10 minute games. Men's and women's single-elimination tournaments begin March 17, but remember to get your entries in by the March 6 deadline.

Always-popular racquetball returns with the WEEKEND TEAM RACQUETBALL tournament, featuring play for four-member men's and women's teams. Entries are due March 17 and play begins Friday, March 20.

The astroturf field comes alive in March with GRAIL SOCCER, a variation of the game which includes seven-member teams and no offsides rule. Entries are due March 20 and play starts March 25.

FRISBEE GOLF, an 18-hole tournament, also begins March 25. Once entered, you and another participant will hit the frisbee links for one round of golf and a shot at an intramural champion t-shirt. Frisbee golf entries are due March 20.

Touche! It's the 1987 FENCING TOURNAMENT, set for March 31 in the Fetzer Gym Fencing Room. Entries for this foil-only competition are due March 27.

Other March events include: INDOOR LACROSSE, featuring league play and a single-elimination playoff; INNERTUBE WATER POLO, a Sunday-only event for those who enjoy riding th tubes; and SWIM MEET '87, the annual meet featuring a variety of swimming events.

For information about all intramural activities, call or visit the IM-REC SPORTS office, 203 Woollen Gym, 962-1006/1153.

# 1986-87 TAR HEEL COLLECTOR'S EDITION

North Carolina  
**TARHEELS**



Destiny New Orleans

- *Destiny – New Orleans*
- *18 x 24", 6-Color Gloss Print*
- *Limited Edition Print (5000)*
- *Signed By Sports Illustrator –*

# Student Stores

