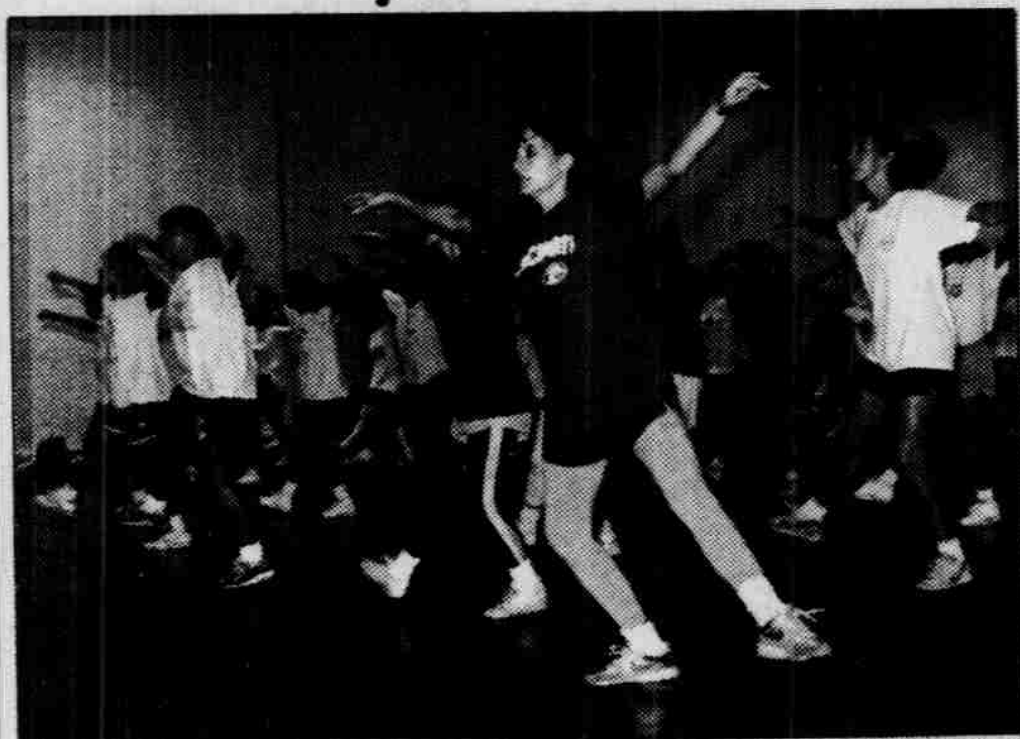


IM-REC SPORTS

**Exams getting you down?
Try aerobics.**



DTH/Kevin Burgess

Aerobics in Woolen is the perfect way to get rid of holiday feasts

Feel big around the middle from all that Thanksgiving Day turkey? Gain a couple pounds you wish you hadn't? Well, now you can do something about it — go to an aerobics class.

"Aerobics is a fun way to burn fat and to strengthen muscles," says Christy Cochran, a sophomore aerobics instructor from Greensboro.

A part of IM-REC's services to the University, aerobics is available to all students. "This is the seventh year we've had aerobics," said Betty Davis, assistant IM-REC director. "We've got around 1500 participants, and classes are on a first-come, first-serve basis."

Classes are held in the Woolen-Fetzer complex and various other areas around campus every day except Saturday, and they are a welcome relief for all participants.

"It's a good, fun way to relieve stress from exams," said Jane Wyatt, a sophomore from Mars Hill.

"It makes you feel like you're doing something productive," added Lorrie Harris, another sophomore from Hendersonville.

Clinics are conducted to find capable instructors every year. Cochran said she enjoyed her class so much last year that she wanted to teach aerobics. "The workshop taught me about safety, health and fitness," she said, "and it gave me ideas for choreography in classes. I also got my CPR certificate then."

Cochran teaches low-impact aerobics. "There is no running in low-impact, and it basically works at toning your muscles," she said. "In high-impact, one foot is always off the floor."

Cochran encourages anyone to try aerobics. "If you're tired, come to aerobics," she said. "It rejuvenates you, and it can help you handle stress."

"Aerobics makes me so motivated to study. It wakes me up and makes it easier to study."

Handball Club Shines at West Point

The Carolina Team Handball Club saw its first action of the year Nov. 9-11, and it came through with flying colors.

In the West Point Fall Invitational, the UNC A-team went 2-0 with a tie, and the B-team fared almost as well, going 1-1 with a tie. The Invitational was a round-robin of games with the West Point A and B teams and Air Force.

"Those are some of the best programs we can play," said Coach John Silva. "West Point A-team is five-time national champs (in U.S. Team Handball Federation Division II), and Air Force has finished second the last two years."

"But our team responded. That's probably the best this club has ever played. We did it by playing smart and making intelligent decisions on the court."

Steven Penn led the A-team in scoring for the Invitational with 15 goals and 9 assists for a total of 24 points. Paul Warzocha contributed 14 points and was outstanding on defense, Silva said. "Paul was instrumental in our success. He created disruption on defense and caused some turnovers that we scored on."

For the B-team, Sid Roberson scored 11 goals and had a total of 18 points, and Jason Guidry had 17 points.

"I am particularly impressed with what our B-team did," Silva said. "They had never played team handball before and did extremely well against national-caliber A-teams."

— Rodney Cline

THURSDAY, NOVEMBER 29, 1990

OMNIBUS

THE DAILY TAR HEEL WEEKEND MAGAZINE

FEATURES

Ackland revisited

Unless you are a senior or above you probably don't remember Ackland Art Museum (that big brick building across from Big Frat Court). Well here's your chance: on Dec. 2 it will throw open its doors once again. Mondy Lamb and Randy Basinger tell you about it, and Isabel Barbuk reviews the new and improved collection.

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