# SPORTS/FITNER

**BEST OF CLUB SPORTS** 

# **CLUB RUGBY**

Cammie Behnke Elon News Network | @cdbehnke

UNIOR LAURA SPUNG HAS always seen the women's club rugby team as a tight-knit community. After playing rugby in high school, she wanted to continue the sport at Elon, serving as treasurer, fundraising chair and captain during her three years on the team. She said the competitive spirit and community of players

"Joining the team is really like joining a family," Spung said. "The team is light-hearted and fun, but gets down to busi-ness when we need to. We're not afraid of a little hard work but we always have a good laugh afterward."

For senior John Rhodes, the sport is an opportunity to foster an inclusive community for everyone on campus, whether they are stepping onto the field for the first time, or have

prior experience. "It's a fellowship of young men coming together and finding their identity, but we accept everyone regardless," Rhodes said "I think that opening, that willingness to accept anyone, is something that really sets our organization apart."



JOIN THE TEAM **League:** The National Small College Rugby Organization within the Southern Rugby Conference Location: Pheonix Club Sports Fields Hours: Depends on season

RUNNERS-UP Second: Baseball Third: Swimming Fourth: Ultimate Frisbee Fifth: Lacrosse

Men's Club Rugby plays in the Southern Rugby Conference against Western Carolina, Ap-palachian State, UNC Charlot Furman, Wake Forest, UNC Greensboro, UNC Chapel Hill, East Carolina, UNC Wilmingto Coastal Carolina, The Citadel and College of Charlester.

## **BEST OF FITNESS CLASSES ZUMBA CLASS**

#### Elizabeth Bilka

Executive Producer of Elon Local News | @Elizabeth\_Bilka

UMBA IS AN EXERCISE class that feels less like a workout and more like a party.

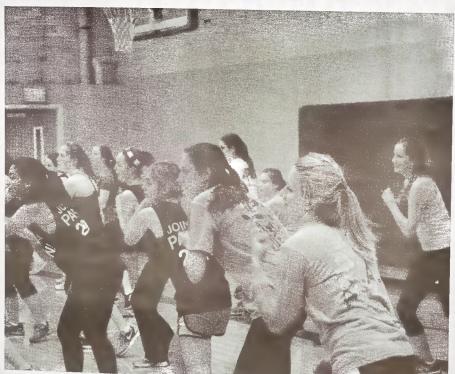
Participants learn different moves to songs from all dance around the world during class sessions.

Elon sophomore and Zumba instructor Noor Irshadat said the party atmosphere makes Zumba different from other exercise classes.

"People want to go and have fun, destress a little bit and not worry about carrying weights or having to figure out a certain movement or trying to keep up with a certain exercise," Irshadat said.

Senior Ellie Anderson participated in a class and said it was a

pated in a class and said it was a fun way to work out. "With Zumba, you're just danc-ing and you can go with friends, too, so it's very fun," Anderson said. "There isn't like pressure to get the moves down or anything." Campus Rec holds Zumba fit-ness classes instructed by Irshadat at 6:45 p.m. on Wednesdays.



Zumba is a style of workout that incorporates Latin-inspired dance moves to break a sweat while still having fun.

### ZUMBA TIME

Instructor: La Rubenstein, S Valianatos, Vi Parrish, Noor Location: Ko Athletic Cente 6 on Wednesd 6:45 p.m. Hours: Each one hour long Cost: \$20 for unlimited cla

### RUNNERS-UP

Second: Yoga Third: Cycl Fourth: Barre Fifth: Cardio