

BEST OF CLUB SPORTS

CLUB RUGBY

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JUNIOR 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 are the heart of the organization.

"Joining the team is really like joining a family," Spung said. "The team is light-hearted and fun, but gets down to business 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."



PHOTO SUBMITTED BY CAMPUS

JOIN THE TEAM

League: The National Small College Rugby Organization within the Southern Rugby Conference
Location: Phoenix 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, Appalachian State, UNC Charlotte, Furman, Wake Forest, UNC Greensboro, UNC Chapel Hill, East Carolina, UNC Wilmington, Coastal Carolina, The Citadel and College of Charleston.

BEST OF FITNESS CLASSES

ZUMBA CLASS

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

Participants learn different dance moves to songs from all 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 fun way to work out.

"With Zumba, you're just dancing 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 fitness 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.

PHOTOS COURTESY OF CAMPUS RECREATION

ZUMBA TIME

Instructor: La Rubenstein, Sr. Valianatos, Vik Parrish, Noor
Location: Kour Athletic Center
Hours: 6 on Wednesday 6:45 p.m.
Cost: \$20 for one hour long unlimited class

RUNNERS-UP

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