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New fitness center designed for women's needs

by Clarky Lucas

Meredith students are working out their bodies as well as their minds now that the new fitness center has opened.

The new facility is located at the rear of the Weatherspoon Gymnasium. Not only does it house a fitness center, but it provides an improved dance studio and six offices.

"The departmental goal is to provide a safe environment where women feel comfortable to exercise," said Dr. Cindy Bross.

Determining what the needs of the student body are and how to fulfill them prompted the exploration of types of equipment to be featured in the center.

We wanted machines that fitted and adjusted to women's bodies, worked smoothly, and require low maintenance, said Bross.

By going to different places to try fitness equipment, members of the physical education department decided that Cybex equipment was the best on the market for what Meredith needed.

Construction of the building began around the spring semester of 1994 and ended during the Christmas

holiday break. Although the facility has opened, there are still plans for additional decorating by hanging cloth kites from the ceiling and placing female anatomical charts on the wall, said Bross.

"It has great equipment. It's beautiful and I look forward to working out," said Kelly Pergerson, junior.

The dance studio is not yet complete because the floor is not entirely down.

So far students have been pouring into the orientation sessions which

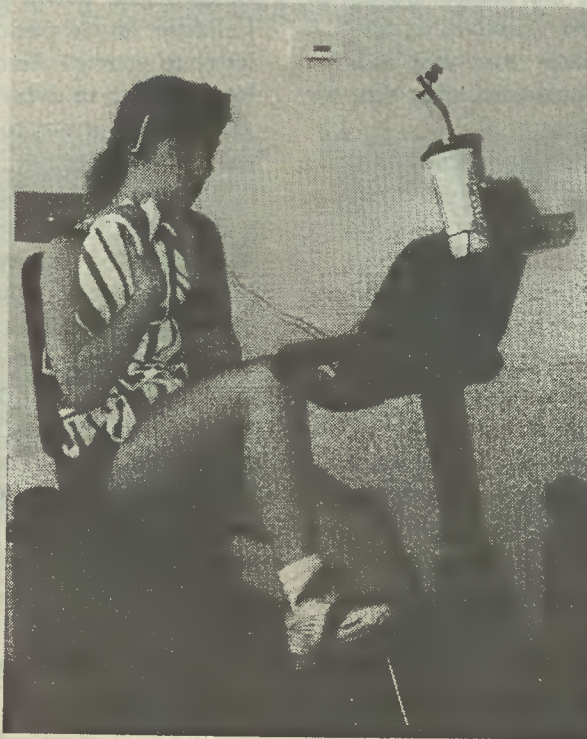


photo by Jan Seate/Laura Ross

Fitness center promotes sound minds and bodies.

are required for all those who want to use the fitness center. Students are instructed on how to use the cardiovascular and weight equipment.

"We expect a lot of participation be-

cause we have had to orientate all of the students. Next year we'll only have to worry about orientating the freshmen," said Bross.

The facility is open only to Meredith students, faculty and staff. To be admit-

ted, a student must bring a camcard and a towel.

The center is open Mon.-Thurs. 8 a.m.-9 p.m., Fri. 8 a.m.-6 p.m., Sat. 1-5 p.m. and Sun 1-4 p.m. There is a limit to 25 people allowed in the fitness center at one time.

Because the fitness center is so new, there will be gradual changes in the way it is being run such as students no longer being able to reserve cardiovascular equipment, said Bross.

A supervisor will usually be present in the center during lunch hours and sometimes during the evenings. A guard will also be present at the center while the pool is open.

Orientation sessions this week will take place Jan. 18, 3-4 p.m. and 4:30-5:30 p.m., Jan. 19, 3:45-4:45 p.m. and 5:15-6:15 p.m. and Jan. 20, 12-1 p.m.

"Many students cannot afford to join a spa and want to work out. We wanted a facility students could be proud of, and we encourage them to come," said Bross.

Strength training is being emphasized for everyone, not just the athletes, said Bross. It helps to maintain bone density, stabilizes joints, and creates more muscle mass so that more calories are burned, Bross said.

Staying in shape has many healthy alternatives

by Arinn Dixon

O.K.. so it's New Year's Resolution time. Can you believe it's here already? And I will put money on the assumption that losing weight is included in the resolutions of about four-fifths of the Meredith population.

Can we help it? No, it's what females do. Since I am a female and I know what you guys are going through, I took it upon myself to gather some information about getting started on the weight loss kick. I have broken down my findings into three categories.

1. The Club - Fitness centers are popping up all over Raleigh and the newest fad is to join. These places have weight machines, treadmills, stairmasters, stationary bikes, free

weights and anything else you can think of. They also have a little added bonus: these amazingly well-proportioned foreign men that will willingly become your "personal trainer." Mind you, I haven't seen any female personal trainers. It must take that iron-pumping skill that we women just don't possess. Anyway, there are a few clubs that are very popular in Raleigh.

a. YMCA on Hillsborough St. - The Y has only year-long memberships. Their student rate is \$100 to join and \$24 for every month afterward. You may think this is really

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photo by Jan Seate/Laura Ross

Meredith students can avoid the high costs of fitness by biking or walking on the Meredith mile.