

SPORTS

FIT

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it can be so demanding, spinning can be a tough routine for those making a lifestyle change. Once you've gotten into an exercise groove, spinning might be something to explore. Often set to aggressive, pulsating music, spinning involves riding a stationary bike through demanding courses featuring hills and other difficult terrain.

• Aqua aerobics. For those who enjoy time in the pool, see if your gym offers an aqua aerobics class. This might not be as readily available at most gyms as spinning classes are, as lots of gyms don't even have pools. For those who love swimming, look for a gym that does have a pool, and chances are, that gym will offer some derivation of aqua aerobics which consists of intense cardio movements mixed with some strength training. The chief benefit of a good aqua aerobics workout is that it will work all your muscle groups with low impact on joints — making it ideal for seniors.

• Pilates. The popularity of pilates classes is now so great that many gyms offer classes several times per day. Not unlike yoga, pilates is both a physical and mental exercise. The exercises themselves can be quite demanding, focusing on stretching and breathing that strengthens the abdominal core.

• Abdominals. Few people look at their abs and don't think they could use some work. That said, nearly every gym offers a class focusing strictly on abdominal exercises. These usually range anywhere between 15 and 30 minutes in length. Anything longer than that might cause painful and unnecessary muscle strain, so beware of ab classes that might be longer than 30 minutes, especially if you've only recently gotten back into exercise.

• Fusion. For those who subscribe to the idiom that "variety is the spice of life," fusion classes (also known as total body conditioning) classes could be the perfect fit. That's because such classes are a combination of other classes. Because they combine so many different elements, these classes tend to run a little longer in length, oftentimes exceeding an hour in length. The benefit of these is that they build up your cardiovascular as well as muscular strength.

• Yoga. Arguably no alternative exercise class is more widely known than yoga. A

centuries-old Hindu discipline aimed at promoting control over the body and mind, yoga classes are offered at nearly every gym or fitness center across the country. Much of yoga is concerned with helping you become stronger, more balanced, focused, and flexible. If you're looking for a non-competitive environment where you can move at your own pace, this might be the best workout program for you.

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SUNDAY EVENING

Channel	Time	A - High Point/Archdale/Guilford Co. / D - Davidson Co.												Sports / News/Talk		
		6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	1:30
CBS	9	9	60 Minutes (N)	Big Brother (N)	The Mentalist	Cold Case	News	(35) CSI: NY	News	News	News	News	News	News	News	News
PBS	4	4	Hearst	Daylight The	Nature "Eagles of Muir"	Masterpiece Mystery: (N)	Lens	EastEnders	Served	Served	As Time... Wait...					
FOX	10	10	News	Tucson	Amer. Dad	Simpsons	Cleveland	Family Guy (PA)	FOX 8 10:00 News (N)	TMZ (N)	Seinfeld	Seinfeld	Grey's Anatomy			
NBC	11	11	NBC News	Dateline NBC	The Clearing (2004)	*** "The Godfather" (1972) Marlon Brando. A mafia patriarch tries to hold his empire together.	Law Order: CI	Law Order: CI	News	News	News	News	News	News	News	News
ION	12	8	3:00	*** "The Clearing" (2004)	*** "The Godfather" (1972) Marlon Brando. A mafia patriarch tries to hold his empire together.	*** "Acet Cody Banks 2: Destination London"	Dead Like Me	Cold Case	News	News	News	News	News	News	News	News
CW	3	3	Friends	Hates Chris	Hates Chris	*** "Acet Cody Banks 2: Destination London"	Dead Like Me	Cold Case	News	News	News	News	News	News	News	News
ABC	7	7	ABC News	Funnies Home Videos	Legend of the Seeker	CSI: Miami "Bait"	Deadliest Catch	Triad Today	Jim	Van Impe	Desperate Housewives	Half & Half	Half & Half	Half & Half	Half & Half	Half & Half
MNT	15	15	Da Vinci	Legend of the Seeker	CSI: Miami "Bait"	Deadliest Catch	Triad Today	Jim	Van Impe	Desperate Housewives	Half & Half	Half & Half	Half & Half	Half & Half	Half & Half	Half & Half
WLXI	6	6	Calvary	Deliverance	Manna-Fest	Van Impe	Come In	Copeland	Triad Public	Len	Cathy	Bates	Ask the Pastor	Gaither Gospel Hour	TCT Today	Health and

MONDAY EVENING

Channel	Time	A - High Point/Archdale/Guilford Co. / D - Davidson Co.												Sports / News/Talk		
		6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	1 AM	1:30
CBS	9	9	CBS News	Wheel	Jeopardy!	How I Met... Rules	Two Men	Big Bang	(01) CSI: Miami	News	News	News	News	News	News	News
PBS	4	4	NewsHour Business	N. Carolina	Antiques Roadshow	History Detectives (N)	Turmoil and Triumph	News	News	News	News	News	News	News	News	News
FOX	10	10	Access H. TMZ (N)	Smarter	Lie to Me (N)	The Good Guys (N)	FOX 8 10:00 News (N)	Seinfeld	Seinfeld	Bernie Mac	King of Hill	Malcolm	Malcolm	Malcolm	Malcolm	Malcolm
NBC	11	11	NBC News	Inside Ed.	Ent	America's Got Talent	Last Comic Standing (N)	Dateline NBC	News	News	News	News	News	News	News	News
ION	12	8	Whisperer	Without a Trace	Without a Trace	Criminal Minds	Criminal Minds	Criminal Minds	News	News	News	News	News	News	News	News
CW	3	3	King	Name Earl	Name Earl	90210 "Girl Fight"	Gossip Girl	Raymond	Raymond	King	Hates Chris	Family Guy	Scrubs	Star Trek: Next	(06) Extra South Park	
ABC	7	7	ABC News	Deal-Deal	Millionaire	The Bachelor/ette All meets the bachelors' families.	(02) True Beauty (N)	Frasier	News	News	News	News	News	News	News	News
MNT	15	15	Simpsons	Two Men	Two Men	Law Order: CI	Law Order: CI	The Office	The Office	Payne	Payne	Law & Order: SVU	'70s Show	Lo...ez		
WLXI	6	6	Oneness	A Word From Glory	Manna-Fest	Starks	Your Day	Life Today	Today	Your Bible	Wommack	Just Sayin'	The Jim Bakker Show	TCT Today	Healing	

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