

Dal on aerobic high

BY ANDREA SMITH

"January classes are always the busiest, the classes often double in size, but the class I just taught is the biggest I've ever seen!" remarks aerobics instructor Jen Cleary. 80 people had just turned out for her 4:30 p.m. session.

The new year has seen an unparalleled interest in Dalplex's fitness program. This year it's free — included in their athletic fee. Technically you're already paying for it, so use it. Judging by the turnout, some of you already have.

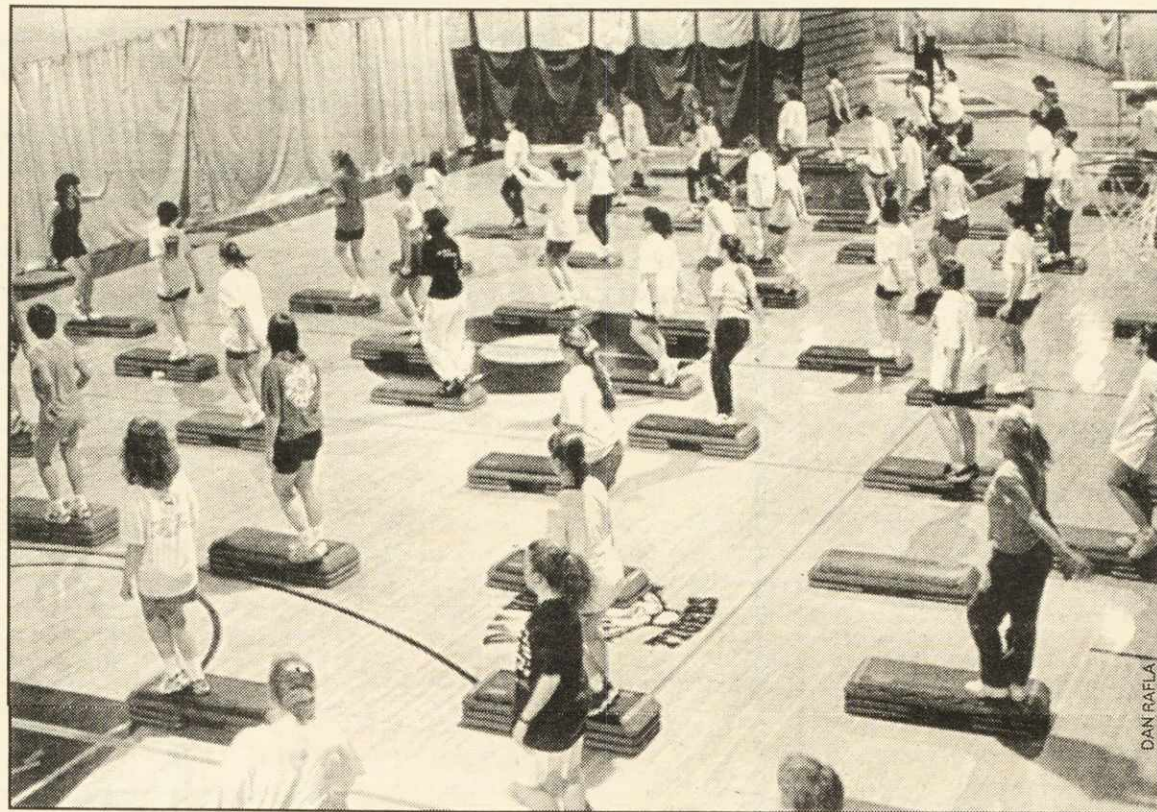
"All classes are up 15-20% this school year," remarks Sandra Ryan, Dalplex's fitness coordinator. "And there is always a peak in the new year."

Dalplex usually has an extra instructor on hand this time of year to accommodate the New Year's resolution crowd, but this year's post-resolution increase in exercise keeners has caused problems.

The classes are so big they've been running out of equipment. At present, there are 80 steps and 50 slides (those crazy white carpet things that simulate the action of skating except you get to wear some very fashionable booties). There are no immediate plans, however, to acquire more equipment.

Dalplex is counting on the usual decrease in class size due to you slackers who will soon break your fitness resolutions. (For help on your problem, and believe me you do have one, see my article in the Focus section of this issue of the Gazette.)

If my mindgame with you has worked and you are ready to aerobicise, here's some informa-



New Year's resolutions are packing aerobics classes at Dalplex.

tion you'll find useful.

Dalplex offers ten different types of fitness classes for all levels of experience, using steps, slides, tubes, and water aerobics to get you fit. And now there's Cardio Funk too.

The first Cardio Funk class was held last Friday. "The class was huge but everyone had a lot of fun," commented instructor Shannon Lewis. "It incorporates dance moves and aerobics."

Dalplex recommends the following exercise guidelines: three "aerobic" workouts and two "body trim" classes per week. They also suggest cross training to reduce overtraining

injuries.

"If one wants to lose weight, calorie intake must be below calorie expenditure," explains Dr. Geoffrey Elder, a professor of exercise physiology.

"The number of calories burned depends on your basal metabolic rate (which is increased by exercise), and stays high even

during the recovery stage (after exercise) which lasts for several hours."

To compensate for the calories in a single beer, one would have to exercise for approximately 45 minutes. Unfortunately Dalplex does not offer enough classes to work off an entire night at the Grawood.

this week's games:

Friday, January 17

Basketball (w) vs. SMU, 6 p.m. @ Dalplex
Basketball (m) vs. SMU, 8 p.m. @ Dalplex

Saturday, January 18

Dal Wrestling Invitational, 10 a.m. @ Dalplex
Hockey vs. St. Thomas, 7 p.m. @ Memorial Arena
Volleyball (w) vs. Moncton, 6 p.m. @ Dalplex
Volleyball (m) @ Memorial, 3 p.m.

Sunday, January 19

Hockey vs. Moncton, 2 p.m. @ Memorial Arena
Volleyball (w) vs. Mount Allison, 1 p.m. @ Dalplex
Volleyball (m) @ Memorial, 9 a.m.

Tuesday, January 21

Basketball (w) vs. St. FX, 7 p.m. @ Dalplex

Wednesday, January 22

Hockey vs. Acadia, 7 p.m. @ Memorial Arena

If you have an event that needs posting, call the Gazette at 494-2507 and ask for Aaron, Sports Editor and heir apparent to the throne of Denmark.

Inaugural Dal Wrestling Invitational this weekend

BY GAZETTE STAFF

The Dalhousie Wrestling Club will host the first annual Dalhousie Wrestling Invitational this weekend.

It should prove to be the largest wrestling tournament in Nova Scotia. The event, to be held in the Dalplex, will have a men's under-nineteen division, a nineteen and over division, and one combined women's division. Clubs from Concordia, Dal, Moncton and UNB will be attending as well as private clubs from all over the Maritimes and New England.

The Dalhousie Wrestling Club (DWC), in the middle of an exhausting schedule, is fresh off a third place team showing at the 1997 Valley Viking Open at CFB

Greenwood this past weekend. The team was lead by the gold medal performances of Coach Scott Aldridge (heavyweight) and Logan Ward (62 kg category), while Gavin Tweedie (76 kg), Paul Lewardowski (65 kg) and Bret Leblanc (90 kg) notched bronze medals for their efforts.

"I was extremely impressed with both Gavin's and Logan's matches," exclaimed Aldridge. "They had big wins over seasoned opponents and they showed a lot of grit. Things are really starting to come together."

So come on out and see a different event at Dalplex. The tournament will run from 10 a.m. to 6 p.m. and admission is only a buck.



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