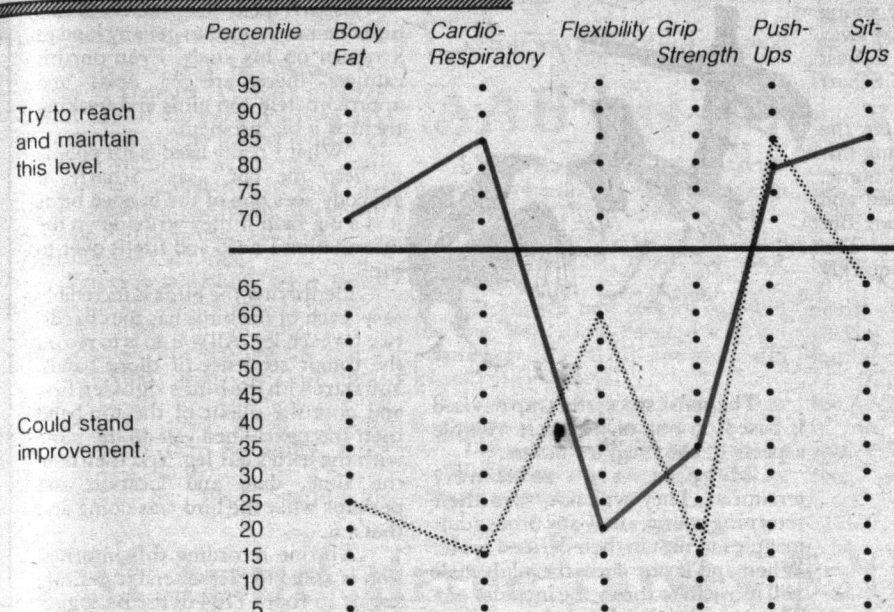


Our fitness profile.

Brent Jang in grey, Jim Miller in green.



2.

So what do you do if you want to get into shape?

If you like working out with lots of people (or even a few people), then there are a number of outlets in Edmonton to go to.

The YMCA and YWCA offer various classes including aerobic dancing.

The Edmonton Squash Club has a new Jazzercise program.

On campus, Art Burgess' Staff Fitness program is a favorite.

If you like variety, then Campus Recreation, headed by Hugh Hoyles, has a long list of intramurals to sign up for.

Community centres also offer various family type activities.

What it actually boils down to though, says Dru Marshall, is the motivation to get into shape. If people make exercising part of their lifestyle, they'll be well on their way.

You ... And Fashion ... at the HUB

