

Local / State

A&M Aerobics Club offers exercise classes

By SIMON GONZALEZ
Battalion Reporter

The Texas A&M Aerobics Club this fall is offering four adult aerobic classes for members of the Bryan-College Station community.

Aerobics refers to exercises designed to condition the heart. This is done by endurance-oriented activities, such as jogging, bicycling, swimming or any exercise performed for an extended period of time.

Classes offered are morning aerobics, noon aerobics, noon dancercise and evening aerobics. Enrollment is open to students, faculty and staff.

The morning aerobics class includes conditioning exercises, dancercise movements, stretching and flexibility exercises as well as workouts on Universal weight machines. The noon aerobics class offers walking/jogging, bicycling and swimming exercises.

The noon dancercise classes feature stretching and exercising to music. The evening aerobics class follows a similar format to the noon aerobics class.

Program Coordinator Rusty Higham said the goal of the classes is to improve muscle tone, improve flexibility and decrease body fat — in addition to conditioning the heart.

Higham, a graduate student in exercise physiology, said each participant who has not been involved in the program in the last year will be required to take a health evaluation test.

That test will include a treadmill or stationary bicycle test to determine maximal heart level, a body fat estimation test and a flexibility test. After getting the results of the test a personalized exercise program will be set up for each individual. Each person's program will be designed to help him improve in specific areas.

Individuals who follow their programs, Higham said, will make their hearts more efficient by enlarging them. The aerobic programs will also increase stamina, lower resting pulse rate and increase blood volume.

All of this will decrease chances of heart disease, he said.

The program also can have psychological advantages. "You can have a generally good feeling about yourself, a feeling of accomplishment," Higham said.

Higham said spaces are available in all of the classes except the evening aerobics. Cost of the classes is \$35 for returning students and \$45 for new students.



Participants in aerobic classes loosen up and stretch in preparation for other more rigorous exercises.

Photo by David...



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Candygram man steals \$50,000 worth of jewelry

United Press International FORT WORTH, Texas — Aggravated robbery charges have been filed against a man police say posed as a "Candygram man" in order to steal more than \$50,000 from a prominent businesswoman.

Robert Gerald Lee, 48, is being held in Tarrant County Jail in lieu of \$25,000 bond in the theft of jewelry from the wife of Fort Worth businessman Jack Bean, Tuesday before the couple's anniversary.

Police said a man posing as a delivery man, complete with a box of candy, rang the doorbell at the Bean house July 13, and let in by the couple's 19-year-old daughter, Joni.

After entering the house, police said, the man pulled out an automatic pistol and forced Bean and her daughter to hand over their jewelry.

G&G AUDIO

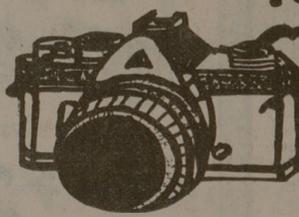
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