

Toning up for spring should be fun

By **THERESA CORNELL**
Reporter

With spring comes heat...and then shorts...and then swim suits...and then legs. Oh no, not the legs!

Every bump and bulge that was hidden under bulky sweaters and blue jeans is back out in the open. But not to worry, according to area exercise instructors, getting back into shape should be fast and fun.

The Waist Basket has been open over a year and offers exercises for toning. Instructor Candy Leissner says the program features exercising and stretching to music.

"We concentrate on losing inches rather than pounds," Leissner said. "When you keep exercising, your fat turns into muscle and weighs more. We keep charts on everyone's measurements to mark their progress."

Leissner says a nutritionist created four different diets for Waste Basket members, all at different calorie levels.

"The diets are very complete and contain all of the food groups," she says.

Leissner, who has worked at Waist Basket almost two years, says most people are motivated to get into shape when they squeeze into their swim suits or see a picture of the perfect body in a magazine.

"People say to themselves, 'I'm going to exercise. I'm going to look like that,'" Leissner says. "It's hard to tell some that they are just not built that way."

But she says results from the workouts occur remarkably fast.

"Within a couple of weeks, you should start to see and feel a difference in your body," she says. "That is, if you come regularly — about four to five times a week — and eat a proper diet."

Leissner says the most attractive feature of Waist Basket is the unlimited visits and the variety of class times offered. Exercise classes are offered eight or nine different times during the week and two or three times on weekends.

Members may also attend beginner, intermediate and advanced classes, as often as they wish for the student price of \$30 per month or \$70 for two months.

The money spent will be returned in the form of well-trained teachers, Leissner says; 50 to 70 percent of Waist Basket's profits are spent on training. The instructors, some of which are previous members, go through a four-week training program that includes evaluations of cardio-pulmonary resuscitation skills and knowl-

edge of sports injuries, she says.

"Training is an ongoing process," she says. "Our instructors continually learn new techniques and routines to teach."

Figure World is an exercise program that features weights, two whirlpools and a dry sauna. Manager Marcia Smith says Figure World works with its members on an individual basis, beginning with a figure analysis.

"The analysis is a medical background of the person and specifies areas of the body the person wants to work on," Smith says. "In the figure analysis we find out that more people are worried about spring clothes like shorts and swimwear. Before spring break, they hadn't thought about it, but now they are beginning to and they want to do something about it."

She says the biggest problem areas for women are the hips and thighs; those areas can be improved with the help of exercise and Figure World diets.

"We have fad diets for those who need to lose pounds fast in order to get into a certain pair of pants," she says. "We also have long term diets which are really better for your body."

Smith says once you start the program, you don't want to give it up.

"People have fun exercising rather than seeing it as work," she says. "Exercise makes everyone feel so much better, and is social as well."

Smith says a new member can save \$25 to \$50 by joining on the first visit and can attend any Figure World in Texas.

The newest fitness program to enter the area is Jazzercise. Instructor Cathy Lyles says Jazzercise is different from any other program because its exercises are dance routines set to music.

"We don't do a certain amount of sit-ups and a certain amount of push-ups, just a 50-minute workout that touches every part of the body," Lyles says.

She says everyone desires the perfect body, and that a good exercise program and diet are necessary for that perfect body.

"I definitely believe in watching what you eat and enjoying your exercising," she says.

Lyles says she tries to motivate members by smiling and joking more, and finding the right music.

"They're in there to feel good and stay in shape," she says.

"Jazzercise is not boring because of the variety of music, movement and routines. They must enjoy it because they keep coming back."

Lyles stresses that classes are

not divided into beginner, intermediate and advanced because Jazzercise instructors do not believe in competition among members.

"If you're a beginner, you feel you must become an intermediate," she says. "You have to work yourself. You can't go home from a Jazzercise class and say, 'she didn't work us hard enough,' because everyone works themselves at their own pace."

Lyles says members shouldn't rely on Jazzercise alone for weight loss, but also on other activities as well, such as jogging, bicycling, and tennis.

According to Lyles, Jazzercise is the largest exercise program in the United States. Instructors have to be certified by the California headquarters after months of workshops and auditions.

"Even after you finally become a Jazzercise instructor, the learning process isn't over," she says. "We are interviewed and critiqued yearly."

Prices for Jazzercise are \$18 for eight classes a month, \$27 for 12 classes and \$36 for 16 classes.

Despite the instructors' differences in exercise programs, they do have one thing in common — they are all against diet pills and gimmick spot-reducing.

Spring flowers bring business

By **KATHLEEN WEST**
Reporter

Yellow daffodils, red and yellow tulips, white Easter lilies, purple iris. When thinking of spring, flowers almost always come to mind. But to florists, spring flowers bring more to mind than just beauty; spring flowers mean business.

"People like to buy spring flowers," says Laurie Elmendorf, who works at Nita's Flowers in Bryan. Marilyn Holik, an employee of University Florists in College Station, says that several flowers such as daffodils, tulips and iris are available only in the spring.

Anne Plant, a flower designer at Christy's Flowers and Gifts in College Station, says spring brings business because everyone thinks "flowers."

"Spring enlightens a lot of people," Plant says.

"In the winter people are all bundled up. People live up in the spring and they like to live up their homes too — with flowers."

Holik says spring brings out the romance in some people.

"Sometimes in the spring husbands will decide, 'Hey,

I'm going to buy flowers for my wife,'" she says.

Jannette Parks, an employee of Aggieland Flower and Gift Shoppe in College Station, says that one reason spring brings business for them is because of all the formal dances.

"Almost every Friday and Saturday there are formals," she says.

She says their location at Northgate helps them get business from college students.

"Corsages and weddings account for most of our spring business," she says.

Holik says University Florists has more wedding work in the spring than the other seasons. Weddings are popular especially toward the end of the spring semester as graduation draws near, Parks says.

Two spring holidays that account for a lot of business are Mother's Day and Easter, Plant says.

Elmendorf says Mother's Day is one of the busiest times in the spring.

Easter season brings business from churches in the community, Plant says.



The Easter Bunny at Post Oak Mall