

WPCC opens fitness room

Western Piedmont Community College will open a new Fitness Room this fall quarter.

The room, located on campus in G Building, will house a complete set of Hydra-Fitness Omnikinetic exercise machines.

The machines are self accommodating with variable speed and resistance which will provide a great deal of variety in conditioning programs. Individual programs can be designed for weight loss, body building, strength training or general conditioning. Classes will be taught by instructors in the P.E. Department.

Physical Fitness and Weight Training classes, centered around the machines, will be offered at the following times:

Monday, Wednesday, Friday: 10-10:50, 12-12:50, 7-7:50.

Tuesday, Thursday: 6:30-7:50 a.m.,

3:30-4:50 p.m., 5-6:20 p.m., 7-8:20 p.m.

Registration for these and other classes is September 5, from 10 a.m. to 1 p.m. and from 4 to 7 p.m. For

more information about the Physical Fitness and Weight Training classes, call Bob Benner at 437-8688 or 324-6141.