

Club is more than dumbbells

Mike Givler
Capital Times Staff

The Capital Iron at Penn State Harrisburg is doing all it can to promote health and fitness among the student body.

The Capital Iron centers around the weight lifting aspect of physical fitness, but President Mark Fontanilla said he can help people who want to be healthy but don't want to lift weights.

"I'll deal with any fitness-related question and try to build a program around your needs," Fontanilla said.

He said he has built programs for people in the weight lifting club who wish to get stronger by putting them on a weight training program. Fontanilla is experienced with such problems because he is a personal trainer for Jack LaLanne Fitness Centers, which is the largest national health club chain.

If pumping iron is your game, for \$10 you can join the Capital Iron and lift weights Mondays through Thursdays from 8 p.m. to 10:30 p.m. in the weight room on the second floor of the Capital Union Building.

Fontanilla also mentioned that the Capital Iron buys most of the equipment that is in the weight room, but the equipment is not for club members only, as in most weight clubs.

"We buy about 80 percent of the equipment that is purchased for the weight room," Fontanilla said. "But, when we

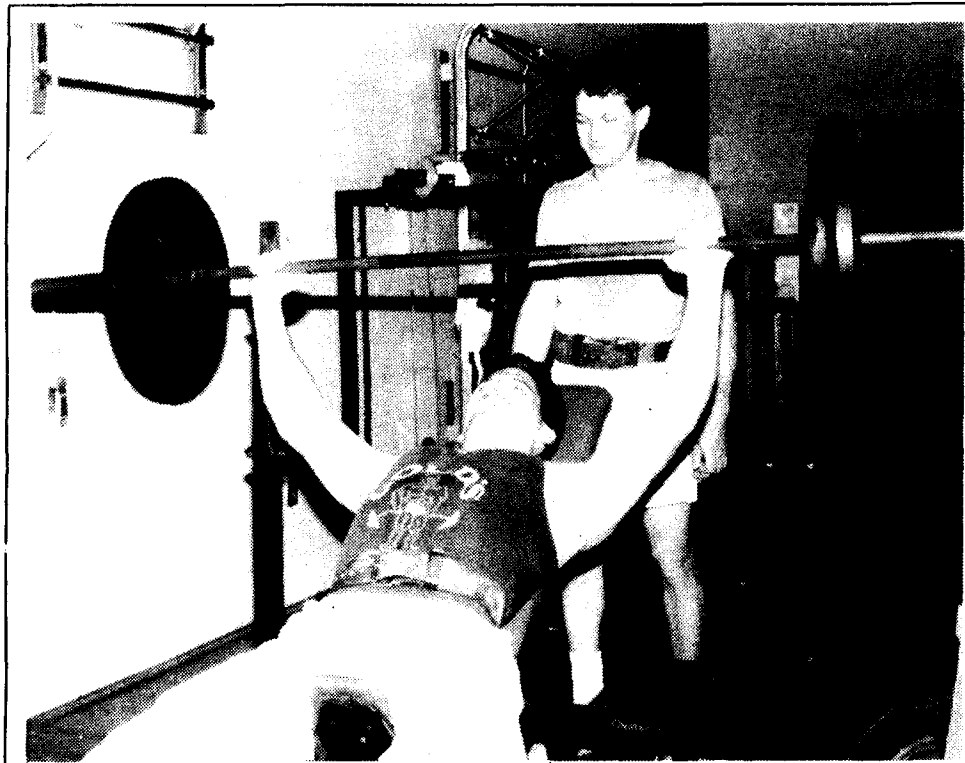


Photo by Mike Starkey

Capital Iron member Al Pautz spots for fellow club member Charles Royer during a press. The group meets Monday through Thursday nights, from 8 p.m. to 10:30 p.m. in the weight room on the second floor of the Capital Union Building.

buy something, it is for the good of the school."

The club, which now consists of 15 people, is still open to all students who

wish to join. If anyone is interested in joining the club or wants to talk to Fontanilla about a fitness program, he can be contacted at 948-0186.

Jogging, from page 8

cents. The only pleasure I get from the Den anymore is when the dollar bill changer actually gives me four quarters back. Better odds than Vegas.

With all the money we spend to live in the "blessed" Heights, why isn't cable included? The least Penn State could do is give me the Weather Channel.

Should I be afraid to bare my soul through an article that the entire student population *might* read?

With our exorbitant tuition, why can't we have decent classrooms with comfortable chairs, an FM radio station, or a real library in its own building?

Why do people criticize me when I don't give blood? Okay, I hate needles. I sweat the week before doctor visits when I know I'm gonna "get pricked." But I hate being chastised for not participating in a blood drive. I visit children's shelters over Christmas and I helped build a playground last year. Don't those count as public services?

All right, maybe I do *too* much thinking while I jog. All I know is that I have become a different person because of it. Not better...not worse. Just a more conscientious person.

Treat yourself to a brisk evening run around the Heights. You'll feel better--physically and mentally. After you vomit during the first run or two, you might even discover some things you never knew about yourself.

Okay, next week I'll review another concert or *something*. Just remember, something *can't* be nothing.

Well, in *most* cases.



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