

# The latest fitness trend: spin-o-maniacs going for a ride

by Theron Holmes

Spring is near. Are you looking for a way to get in shape and have fun at the same time? If you are a fan of cycling and enjoy the group participation of step aerobics, spinning may be for you.

Spinning is a high intensity, low impact, cycling simulation workout. It involves you, a stationary bike and a room full of "spin-o-maniacs" sweating it up while cycling. You are led by a spin instructor, or a "spin doctor," as they verbally guide you, with the aid of heart-thumping music, on a trek through places using your imagination.

Relax. Focus as you travel along the beautifully paved roads of Hawaii. Enjoy the magnificent scenery of Greece's countryside. Perhaps you will have a better rapport with cornstalks in the farmlands of Iowa. Sprint past the competition as a professional cyclist as you go for the gold in the Tour-de-France.

Hang on, because you have hills to con-

quer, which are guaranteed to get that adrenal gland pumping. Watch out as you jump over baby turtles crossing your path. Spinning not only calls for physical adequacy, but a playful and imaginative mind as well.

Spinning started a little under five years ago in California by a professional cyclist, Johnny G, and was produced by Schwinn, a bike manufacturing company. The goal was to create a training workout for cyclists or anyone interested in the sport. It was quickly adopted by

fitness institutions, and has since spread like wildfire across the country.

The Harrisburg-Hershey area has not been untouched by the pandemic influence of spinning. Many fitness clubs in the area offer spinning classes. Cocoa Courts, 1229 Cocoa Ave., Hershey, offers spin: studio cycling. "It is high intensity and no impact," said Jan Parker, the spin doctor and group activities

director at Cocoa Courts.

Like any other form of exercise, it demands physical exertion. But there is nothing to fear. Men and women of all ages can find spinning a rewarding exercise. Show no fear, and bring a positive attitude. "Unlike step aerobics which calls for the participants to move in unison, spin allows an individual to move at his or her own pace. They can increase or decrease tension while keeping stride with the group," Parker explained.

Show me the motivation. The 8 a.m. class at Cocoa Courts demonstrates how spin develops camaraderie. As the spin-o-maniacs

"mash" their way up Devil's Road, you can hear an occasional chortle or snicker as someone makes light of their situation. Spin instructor Carol Wright encourages members with "cheerleading and visualization techniques" creating a mental picture of the scene.

She watches the spinners carefully and encourages as she pedals with the group. "Spin goes beyond cardiovascular exercise in that it pushes and encourages and individual. As an instructor we coach, cheerlead, and sometimes we suffer with you," said Wright.

So remember, those winter pounds won't melt in the sun. Go have happy spin-day.

**As the spin-o-maniacs "mash" their way up Devil's Road, you can hear an occasional chortle or snicker as someone makes light of their situation.**

## IEEE lands growth award

The Penn State Harrisburg chapter of the Institute of Electrical and Electronics Engineers, Inc. (IEEE) was named winner of the Region Two Student Branch Membership Award for 1997.

The citation is given to the most active student branch in the region, according to A.B. Shaffeei. The electrical engineering technology professor and current counselor of PSH's branch of IEEE explained the award is given only once per calendar year.

A certificate was presented to PSH in recognition of their accomplishments. Signed

by the organization's awards and recognition chairman Charles E. Hickman, it read, "For outstanding leadership and results in IEEE memberships development activities."

IEEE is the world's largest technical professional society. Founded in 1884, it is currently comprised of more than 320,000 members in 152 countries.

"The men and women of the IEEE are the technical and scientific professionals making the revolutionary engineering advances which are reshaping our world today," according to the IEEE home web page.

### The Campus Calendar for Penn State Harrisburg: for the weeks of April 13 thru May 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 12	13	14 SGA meetings <u>Every Tuesday</u> 12:30 pm Black Student Union Meetings <u>Every Tuesday</u> 12:30 - 1:30 pm	Marketing Club <sup>15</sup> Elections 3pm, E339 Dr. Patricia Kirby 11am, Gallery Lounge	16 South African Film Maker, Lindy Wilson Downtown Center noon-1:00pm	17	18 RSC Spring Semiformal Time & Place TBA
19	20 IAA International Week "Managed Care: The Next Ten Years" (two-part series) Howard Hughes, M.D. 8-9am Downtown Center	21	22 EARTH DAY Marketing Club meeting 3pm, E339 Dr. Carolyn Dumaresq, noon, place TBA Dr. Louise Stevenson 7pm, Gallery Lounge Namaste, noon, Gallery Lounge	23 Tarnhelm Award Reception 3-6pm in the Gallery Lounge Monte Carlo Nite 9-11pm Dining Commons	24 SGA Awards Banquet 7:00 pm Dining Commons	25 Rites of Spring XGI 5K Run Movie, Primal Fear 2:00 pm Dining Commons
26 Management Honor Society Informational Session 12:30-1:30pm Olm E202	27	28	29	30	May 1	2 last day to withdraw from class  classes end
3	4 FINALS WEEK "Managed Care: The Next Ten Years" (part two) Howard Hughes, M.D. 8-9am Downtown Center	5 FINALS WEEK	6 FINALS WEEK	7 FINALS WEEK	8 FINALS WEEK	9