

KSU Edition: Alternative work outs around town

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Personal fitness is just that: personal. It's different for everyone; therefore, individual students may each require different facilities for their fitness routine. While the university offers a variety of recreational services, students should know there are other options around town to fill their fitness needs. Located across from Frank Anneberg Park is Wildcat Creek Golf and Fitness. The fitness center offers a complete line of the newest Nautilus weight machines, free weights and a number of cardiovascular machines, each equipped with a personalized, satellite TV. Fitness specialist and personal trainer Steven Copp said a benefit to working out at Wildcat Creek is a calmer, less crowded atmosphere. "You're not going to have to wait for equipment or to find a place to park," Copp said. Assistant director Angela Hageman, who graduated from KSU last spring and had previously worked out at the university rec center, said she feels Wildcat Creek offers an environment where students can feel comfortable. "The rec can be a very intimidating place," Hageman said. "It will stop people from doing what they want to do because of self-consciousness." Copp added that the staff at Wildcat Creek is always available to assist students who want help. "Wildcat Creek is a good place especially if you haven't worked out before because we do a lot to help people get started," Copp said. New members have access to free fitness testing, and free repeat testing sessions every three months. They are also offered a free, one-hour personal training session. The center also offers childcare and tanning. Student memberships are \$80 a semester, \$22 for winter break and \$65 for the summer. Students interested in golf can also sign up for a Golf and Fitness membership, for \$190 a semester and \$150 for the summer. This will provide them with access to the fitness center, as well as the 9-hole 2,100 yard golf course. If students are looking for a different stroke, they should check out Cottonwood Racquet Club and Fitness Center located at 3615 Claflin. The club offers indoor and outdoor tennis, a newly refinished racquetball court and a weight room with machines, free weights and cardio equipment. General manager Christian Larson said the club atmosphere offers students brand new equipment with less traffic. "The equipment is nice, there's no wait and we're the only place in town that offers indoor tennis," Larson said. The club also has heavy boxing bags for use and personal training is available. Facilities include showers, locker space, saunas and a whirlpool. Student membership rates are \$85 a semester for fitness and \$125 a semester for tennis and fitness. Serious weightlifters should stop by Pro Fitness, located in Aggieville at 1125 Laramie. The gym is equipped with a large free-weight room, weight machines and over 20 cardio machines. Owner Daryl Bussen said Pro Fitness offers students a convenience factor because of its size and location. "You can get in, get your work out done and get out," Bussen said. Bussen said the gym is attractive to weightlifters because of the large number of free weights available. "We are a very good, old fashioned 'Arnold Gym,'" Bussen said. "Metal, concrete, mirrors, you can come and make a little noise." Senior at KSU James Kearney said he has worked out at Pro Fitness for two years now. While Kearney used to work out at the university recreation complex, he said he started coming to Pro Fitness because of easy access to weight machines. "This has everything I need," Kearney said. "I don't mind paying a fee. I can get on the machines and do everything I need to do." Pro Fitness also offers a number of aerobic and fitness classes throughout the week. Bussen said students can earn college credit for some of the UFM classes offered. Other services

include tanning, personal training and nutrition and supplement counseling. A student membership at Pro Fitness costs \$100 a semester and \$70 for the summer. Students looking for a variety of fitness classes should try Mercy Regional Health Center. Mercy has an East and West location, each equipped with cardio equipment, weigh machines and free weights. Fitness and wellness coordinator Barbie Anderson said Mercy offers over 60 exercise classes a week, ranging from indoor cycling to yoga and Pilates. Students can also sign up for personal training classes in yoga and Pilates if they would like more beginning or advanced instruction. Anderson added that Mercy is a place where students can feel comfortable. "A lot of people come here because they want a good workout but they also want to exercise in a place that they're not going to feel intimidated or self-conscious about what they look like," Anderson said. "We have people of all shapes, sizes, ages and abilities here." KSU student Krickit Steinmetz has been working out at Mercy West for six about six months. She said she feels Mercy is a good alternative to the rec because of the atmosphere there. "It's clean and quiet, the staff is friendly and there is easy access to a machine," Steinmetz said. Anderson encouraged students to print a coupon off the Mercy website, www.mercyregional.org, that is good for one free workout. The coupon enables students to try all the machines at either location and attend any classes they are interested in for one day. Mercy has 14 nationally certified personal trainers available and offers childcare. Students can sign up for a monthly membership, a six-month membership or a 12-month membership and will receive a 10 percent discount off their initial fee. Mercy West is located at 315 Seth Child Rd. and Mercy East is located at 455 E. Poyntz Ave.