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Fitness course for busy women begins October 13 at University

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MEDIA RELEASE

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FITNESS COURSE FOR BUSY WOMEN BEGINS OCT. 13 AT UNIVERSITY

Women whose schedules are often too busy for regular exercise or women who exercise best with a group should be interested in a twice weekly aerobic dance fitness course which will begin Tuesday, Oct. 13, at the University of Montana.

According to the course instructor, Barbara Johnson, the classes are designed to give the participants "zing and energy" rather than tiring them.

The course, titled "Body Management, the Ultimate in Aerobic Dance," was developed by Johnson, a registered nurse and dance instructor of five years, in cooperation with a physical therapist. Its key element is aerobic dance, which increases the supply of oxygen in the body through cardio-vascular exercise using dance movements and music.

Contrary to previous announcements, the course will be offered for six weeks in the Old Men's Gym on the UM campus. Cost for one class weekly will be \$18 and for two classes weekly, \$22.

Johnson said the classes are for women only, although men also can benefit from aerobic dancing. She said that women are too often self-conscious about doing some of the movements with men present.

Before attending the course, Johnson urges women to obtain the advice of their physicians.

Each class will focus on three phases: warm-up exercises to stretch and

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FITNESS COURSE FOR BUSY WOMEN--add one

relax muscles, aerobic activity through jumping and dancing to increase the heart rate, and cool-down to bring the pulse to normal.

"We listen and sing to music that has an inspiring quality," Johnson said, "and it lets us work harder than we realize because we're enjoying it so much."

Johnson was the first winner of the 1977 New York "Dancers Excellence" Award.

For more information and to register for the fitness course, interested women may call the UM Leisure Services at 243-2802.

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