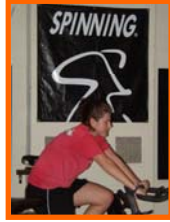




SUMMER INSTRUCTIONAL CLASSES

Registration for summer instructional classes will be held in Room 3 of Dillon Gym from 9:00am - 4:00pm, starting on Monday, May 12 and continuing throughout the summer. The class dates are Monday, May 12 - Sunday, August 31 (16 weeks).



WELLNESS SCREENINGS

Free body-composition and flexibility screenings were given in the Stephens Fitness Center from March 31 - April 4 and April 14 - 18, respectively. A total of 38 individuals participated in the body-composition screening, including 9 faculty/staff, 20 undergraduate students and 9 graduate students; a total of 6 individuals participated in the flexibility screening, all of whom were faculty/staff.

2008-09 FACILITY MEMBERSHIPS

The dates for recreational facility memberships will be July 1, 2008 to June 30, 2009 to coincide with the fiscal year. New memberships will go on sale no later than Monday, June 16. Once again, after purchasing your membership, your university ID will be programmed to serve as your permit card. Payroll deductions are available.

LOCKER CLEANOUT

This year's locker cleanout will be on Sunday, June 29. The deadline for you to empty your locker is Saturday, June 28.

Lockers will be unavailable for overnight use through June 30.

GET-A-GRIP CHALLENGE: RESULTS

The Get-A-Grip Challenge was held in the fitness center on March 6. A total of 11 participants sought to determine who could hang from a pull-up bar for the longest amount of time. Male winners were Bernie LaFleur FS (2:55), Josh Proctor GS (2:14) and Joe Schoppy '08 (1:47); the female winner was Joan Hsiao FS (1:57).

BENCH PRESS CHALLENGE II: RESULTS

Back by popular demand, the second Bench Press Challenge of the year was held in the fitness center on April 10. Overall, there were 22 competitors. Each person had to do as many reps as possible with their bodyweight (men) or half of their bodyweight (women).



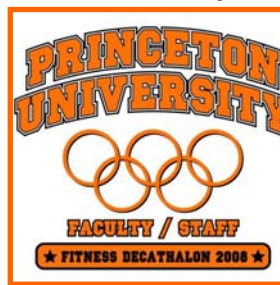
The winners and their reps were . . .

- Mike Peloso (male faculty/staff; 18)
- Aaron Freidenberg (male grad student; 33)
- Jesse Palermo '08 (male undergrad; 40)
- Michele DeJuliis (female faculty/staff; 31)
- Seema Thomas (female grad student; 19)
- Kraftin Schreyer '09 (female undergrad; 36)

Everyone who placed in the top 2 of each category received T-shirts.

FACULTY/STAFF FITNESS DECATHLON

The 2008 Faculty/Staff Fitness Decathlon was held in the Stephens Fitness Center from March 26 - April 29. This third-year event drew 6 participants.



As the name suggests, 10 different activities were done (2 per week for 5 weeks). Competitors had to bike 5.0 miles; hang from a chinning bar; row 2,000 meters; stretch; run 3.0 miles; bench press a designated weight; stair climb 100 floors; broad jump; ladder climb 1,000 feet; and hold a designated weight with arms parallel to the floor. Points were awarded based upon performance relative to others.

On the men's side, age-group winners were John Furtado (35-39), Curt Hillegas (40-44) and Tom Voigtsberger (50-54); on the women's side, age-group winners were Cheri Drysdale (30-34) and Joan Hsiao (45-49). The overall winners were Curt Hillegas and Cheri Drysdale (women).

ADIOS '08

Joe Schoppy '08 worked as a personal trainer in the Stephens Fitness Center during his final year at the university.

Best wishes for strength and health in the future to Joe and other departing seniors.

SUMMER INTERNS

This summer, we'll have two interns: John Shackleton and Thomas Sutor. They'll split their time between the Stephens Fitness Center and Stadium Weight Room where they'll be under the tutelage of Jason Gallucci, the Director of Strength and Conditioning and Varsity Strength Coach.

John is working toward a Bachelor of Science degree in Exercise and Sport Science from Temple University; Tom is working toward a Bachelor of Science degree in Exercise Science with a concentration in Sport and Exercise Conditioning. They become the 24th and 25th interns that we've had in the fitness center since 1995.

Welcome aboard!

NOW, THAT'S WHAT I CALL A WHOPPER!

Steve Mallie, owner of Mallie's Sports Bar and Grill in Detroit, is laying claim to the world record for the "largest hamburger commercially available." The creation – known as the "Absolutely Ridiculous Burger" – took 12 hours



to prepare and bake.

Three men using two steel sheets were needed to flip the 134-pound burger. This "whopper" sells for \$350 and is available for dine-in parties only. Four were ordered in March!

FITNESS STAFF NEWS

Matt Brzycki, Assistant Director of Campus Recreation, Fitness, recently competed in the 2008 Mid-Atlantic Open & Masters Indoor Track & Field Championships at Ursinus College in Collegeville, PA. He finished 3rd in the 400-meter dash in his age group (50-54) with a time of 1:05.62. His performance was below the qualifying mark of 1:06.20 for the 2009 Summer National Senior Games.

GROUP FITNESS CORNER

Spring has sprung and exciting things are happening in our Group and Instructional Fitness classes! Our spring incentive program kicked off on March 24, rewarding class participants for attending classes consistently through the first week in May.



Several new classes were held this semester including Cardio Kickboxing, Hip Hop and Zumba (a Latin dance-based workout). We hosted Zumba master trainer

Tanya Beardsley for a 2-hour master class that drew 70 people and had the room rockin'! Look for Tanya's return and other master classes in the coming months.

To give members more flexibility with their workouts, we'll experiment with a punch card system in the fall for the Group Fitness Classes (hopefully adding Yoga and Pilates in the future). You can take any class and have your card punched at each one. (We'll continue to offer a semester Group Fitness pass and combined Group Fitness/Spinning pass.)

If you love taking classes and have ever thought about teaching, now's your chance! This fall, we'll offer an instructor training program for interested students, faculty and staff. You'll learn how to teach a variety of classes and start teaching your own in the spring. If you're interested, stop into Dillon Room 12!

For more information about Group and Instructional Fitness Programs, contact Susan Crane at 8-2634 or sc6@princeton.edu.

FITNESS STAFF (258-3520)

Asst Director/Campus Rec, Fitness: **Matt Brzycki**
Morning Manager: **Dan Bennett**
Evening Manager: **Colt Murphy, Ed.D**
Fitness Supervisor (full-time): **David Rivera**
Equipment Repair Specialist: **Itai Boubllil**
Fitness Supervisors (part-time) and Personal Trainers: **Charity Fesler '01, Dick Hueber '55, Gordon Husth, Paul Markoff '09, Joseph Mislan, John Pesce, George Puryear '09, Sharon Rodgers, Jeanine Rosen, Joe Schoppy '08 and David Tubbs, Ph.D.**